

TRAMPOLINE CLASSES



Trampoline Sports are

fun, exciting, energetic

activities which teach aerial awareness, safe landing skills and body control.

A “must-have class” for anyone with a home trampoline, we emphasize proper techniques and safety.

- ✓ Strengthen the body, improve coordination and balance
- ✓ Develop posture, agility, and confident body movements
- ✓ Bounce to a fun time and great fitness!



Take the class on its own, or combine it with your gym class for a varied workout!



NOW AT FLYKIDZ MK!

Teeny Tramp

Ages 3—5

Wed 1:30pm

A lively class where safety and foundational trampolining skills are introduced, preschoolers learn body control, spatial awareness and how to follow instructions. With fun games and music, this is a perfect class for the ever-energetic child.

JUNIOR TRAMP

AGES 5—8

MON 6:30PM

Working on basic trampolining skills, fun drills and beginner routines, this is a great class for kids to build cardio strength and muscle groups. Students will learn proper gymnastic terminology, as well as correct techniques of rolls, drops and turns.

Youth Tramp

Ages 8 and up

Thu 6:30pm

This class teaches basic to advanced trampoline skills, allowing students to progress to advance routines involving turns, twists, flips or somersaults. Students train on the Tumble Track, Large Trampoline, Mini-Trampoline and Floor. Class times also include stretching, strength conditioning and flexibility training. Suitable for anyone keen on trampoline sports, or even cheerleaders wanting to develop their tumbling stunts.

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