



Trampoline Gymnastics

Reach new heights with safe and fun aerial skills

Are you looking for a sport that will have your child reaching for new heights?

Trampoline Gymnastics (TRP) is the perfect sport to teach safe and developmentally sound aerial skills, whilst also developing co-ordination and body awareness.

In Trampoline Gymnastics there are three apparatus and four disciplines consisting of

- Individual Trampoline (TRP)
- Synchronized Trampoline (SYN)
- Double Mini Trampoline (DMT)
- Tumbling (TUM)

Using a trampoline, double mini-trampoline, or tumble track, Trampoline Gymnastics athletes can build coordination, improve strength, body awareness, posture and agility, and develop impressive in-air skills to perform in a safely equipped environment with accredited coaches.

Who wouldn't get a thrill out of jumping freely in the air? The only way is up so bounce your way to a happier, healthier life.

View our timetable below:

*Entry level classes listed below. Other levels are available upon invitation only.

Monday	-
Tuesday	Tramp Bronze 3.30-4.30pm
Wednesday	Tramp Bronze 3.30-4.30pm
Thursday	-
Friday	Tramp Bronze 3.30-4.30pm
Saturday	-



Gymnastics
Queensland

**SCAN THE QR CODE TO
BOOK A FREE TRIAL OR
ENROL IN THE CLASS**



FIND OUT MORE: WWW.MACKAYGYMNASTICS.ORG.AU