



# 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.

<b>Monday</b>	-
<b>Tuesday</b>	Tramp Bronze 3.30-4.30pm
<b>Wednesday</b>	Tramp Bronze 3.30-4.30pm
<b>Thursday</b>	-
<b>Friday</b>	Tramp Bronze 3.30-4.30pm
<b>Saturday</b>	-



**Gymnastics**  
Queensland

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



FIND OUT MORE: [WWW.MACKAYGYMNASTICS.ORG.AU](http://WWW.MACKAYGYMNASTICS.ORG.AU)