

Trampoline / Tumbling

A safe and fun sport that will teach your child to flip and bounce safely.

Trampoline Sports is the ideal sport to teach your child safe aerial skills, whilst also developing co-ordination and body awareness.

Trampoline Sports:

- Develops confident body movement, both on and off the ground
- Builds strength and prepares the body for challenges in life
- Challenges the mind and body to reach new goals
- Develops posture and agility, including the ability to land safely
- Is conducted in safely equipped environments with qualified coaches

Beginners - 1 hour a week

Students learn the basics of power tumbling and tramp lining skills. They are taught proper technique for handstands, cartwheels, rolling, body bouncing, posture, body control, physical strength, flexibility, jumping, twists and a large variety of basic fun trampoline skills.

Intermediate Level- 2 hours a week

Students progress toward faster tumbling skills such as round-off, hand-springs, more advanced body skills on trampoline, and learn to do a front flip and back handspring on the trampoline. Students are also introduced to combination of difficult skills in a routine.

Advanced Level- 4-6 hours a week

The sky is the limit at Gymnastics Unlimited! Students continue to learn ever more advanced tumbling and trampoline skills, such long difficult acrobatic sequences, twisting, front/ back somersaults, and progressing skills to very high difficulty. Many students at this level join our competitive Trampoline and Tumbling