

# Enrichment



## Trampolining

Whether you're coming back to trampolining to keep fit or taking up trampolining for the first time, these relaxed, go at your own pace session is guaranteed to meet all your goals. You will follow a nationally recognised scheme of work and develop new skills through top quality coaching. Please wear suitable and comfortable clothing along with sports socks (or trampoline shoes) and remove all jewelry prior to attending a class.

<http://www.waveneygymnastics.org/>



## Contact

For further information please Nick Cook on 07786 634526 or [n.dcook@gyc.ac.uk](mailto:n.dcook@gyc.ac.uk)