

Jan – Mar 2018

Trampolining



- Monday sessions start 8th Jan 2018 – 19th Mar 2018. 1hr sessions, 4pm, 5pm and 6pm. **(8wks)**
* NB no sessions on 12th Feb (Half Term) 19th Feb, 5th Mar (Blood Donors)
- Friday sessions start 12th Jan 2018 – 23rd Mar 2018. 1hr sessions, 4pm, 5pm and 6pm. **(10wks)**
*NB no sessions on 15th Feb (Half Term)
- Saturday sessions start 13th Jan 2018 – 24th Mar 2018. 1hr sessions, 9am and 10am. **(10wks)**
*NB no session on 16th Feb (Half Term)

Junior Prices

Single Session

Full Rate- £4.70

Concessions- £3.80

Course Price

Monday – 8 weeks

Full Rate - £37.60

Concession - £30.40

Friday – 10 weeks

Full Rate – £47.00

Concession - £38.00

Saturday – 10 weeks

Full Rate – £47.00

Concession - £38.00

Adult Prices

Single Session

Full Rate- £5.80

Concessions- £4.60

Course Price

Monday – 8 weeks

Full Rate - £46.40

Concession - £36.80

Friday – 10 weeks

Full Rate – £58.00

Concession - £46.00

Saturday – 10 weeks

Full Rate – £58.00

Concession - £46.00

Jam Packed Memberships (both adult and junior) include one course (1 hour per week). Please ask at reception for more details. Members can also book additional drop in sessions 10 days in advance and non-members can book 8 days in advance. Payment must be made at the time of booking, at reception or over the telephone by calling 01626 215590. Cash & Cards welcome

Trampolining Safety Guidelines

Before attending a class

- On booking your session please make sure that the centre has a medical form and photography form completed.
- Always inform the coach of any medical conditions or medication that may affect your ability.
- Do not enter the sports hall until the coach collects you. There is a waiting room within the centre.
- You should always dress appropriately for the activity. No zips, toggles, buckles, jeans, or jewellery. Hair must be tied back and socks/trampoline shoes must be worn. White socks are preferable.

During the class

- All users must stay within the trampoline area and not leave the premises.
- Never use the trampoline unless the coach is present and has given permission.
- No cameras or phones to be used during sessions.
- No food or chewing gum to be consumed during sessions.
- Always listen and pay attention to the instructors and their policies and procedures.

After Class

- If you wish to talk with the coach please leave your details at the reception desk and the relevant coach will get back to you as soon as possible.
- If you have any concerns or questions please do not hesitate to speak to the Duty Manager.