

Icon Trampoline Schools Program

Icon is proud to invite you to be amongst the first schools in our area to trial our new school program. We are Auckland's only dedicated trampoline facility, we have 7 Olympic size trampolines with full surround matting and a double mini trampoline.



Trampoline



Double Mini Trampoline

What is Trampolining?

Trampoline is an amazing gymnastic sport which involves mastering the movement of the human body. At its peak it involves 10 trick routines including triple & double somersaults in succession. At its core it is an amazing form of physical activity and a great sport for children of all ages. Trampoline is low impact and our coaches can teach you fun new tricks in a safe supervised environment.

Fun Facts:

Trampolinists experience more G Forces than an astronaut being sent to space
10 minutes of jumping on a trampoline is the same as jogging for 30 minutes
Trampoline is an Olympic Sport and Icon is home to New Zealand's Olympian Dylan Schmidt.

Our Programs

Our programs are tailored to suit the age group(s) attending and inclusive. All participants learn to use trampolines safely before beginning to learn any skills, this includes, how to stop jumping & falling. After the safety aspects are covered participants learn the basic shapes of trampoline gymnastics and begin to learn how to move their body in space under the expert instruction of our experienced coaches.

Sessions run for 1 hour broken down in to the following –

10 Mins – Warmup game & Stretches

45 Mins – Trampoline activities done by rotation

5 Mins – Challenge or cool down game

Prices are dependent on number of participants. Please contact Icon Trampoline Club on 021 0886 9643 or icontrampoline@gmail.com

