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Kingston Trampoline Academy

Organisation details

Description of activity

Kingston Trampoline Academy offers inclusive opportunities for people with a disability to enjoy and be successful at trampoline gymnastics.

What we offer?

- Weekly sessions on a THURSDAY

Discover our New Member Consultation for individuals with mild to moderate disabilities or requiring additional support.

All new members start with a consultation to assess their needs. This is a 30 minute one to one consultation which costs £25.

After attending the New Member Consultation the coach will direct the participant either to One-to-One classes or the Para-Trampoline Class (by invitation).

Please share your disability, learning needs and/or medical conditions during the booking process. This helps the coach prepare and deliver a consultation that is appropriate.

Class progressions:

1. Disability One-to-One Class on a Thursday 5:00-5:30 pm at Kingston: £45 per class (ages 7+)
2. Para-Trampoline Group Class on a Thursday 5:00-5:45 pm at Kingston: £48 per month (ages 7+, invite only)

Additional fees:

- Kingston Trampoline Academy annual membership: £35
- British Gymnastics annual membership: £20
- London Gymnastics annual membership: £4.50
- Skill tracking achievement awards: £5 per level

Other information:

Guardians

- A guardian must stay on-site and stand next to the trampoline.
- Sport or leisure attire should be worn with trainers - avoid jeans.
- No mobile phones or electronic devices should be used by the side of the trampoline.
- The guardian needs to be alert and be prepared to push or stop the participant from falling off the trampoline.

Participants

- Participants will need to be able to stand unsupported.
- Participants will need to be able to climb independently or with the assistance of a guardian onto a trampoline up to 115 cm from the floor.
- Blocks/chairs can be used to assist in mounting the trampoline.
- The venue does not have a hoist or mobility aids.
- All jewellery and body piercings must be removed.
- Sports clothing must be worn
- Please tie long hair up, neatly and securely to prevent it from covering the eyes.
- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.

Participants with Down's Syndrome / Confirmed Atlanto Axial Instability (AAI)

- Any participant with downs syndrome MUST complete the British Gymnastics Atlanto Axial Instability (AAI) Screening form prior to participating.
- You will need a GP or physiotherapist to sign the British Gymnastics form. You must then submit this form to British Gymnastics and allow 14 days for British Gymnastics to authorise participation. You must email us the email confirmation from British Gymnastics prior to attending. If you are unable to present the form on arrival then we can not allow participation for safety and insurance grounds.

Participants who must seek medical advice prior to participating

- British Gymnastics advises that any individual that presents with a medical condition must seek medical advice prior to participating, these include pregnancy, detaching retina, confirmed Atlanto Axial Instability (AAI), rodged back, and brittle bones.

Contact details

Contact name

Kingston Trampoline Academy

Telephone

02089417083

Email address

info@kingstontrampoline.co.uk

Website

<https://www.kingstontrampoline.co.uk/>

Social media links

X link

<https://twitter.com/KingstonTRA>

Facebook link

<https://www.facebook.com/KingstonTrampoline/>

Address details

Building name

Arena Sports Hall

Address 1

Kingston College

Town

Kingston

County

Surrey

Postcode

KT1 2AQ

Accessibility

Accessible building

Yes

Accessible toilets

Yes

Parking facilities

N/A

Dietary needs catered for

N/A

Staff have specialist training

Yes

Availability details

When is the activity or service available

All Year Round

How to access the service/activity

Pre-book |

Does a parent / carer need to stay on premises during activity

Yes

Is there a cost for this service or activity

Yes

Location Map