



Which activity is right for your child?

Match their age with what they are looking for, then explore the recommended session.

1 Find the age group

2 Choose their interest

3 View the best match

UNDER 5

Under 5:
Casual play
(crawling/walking)

> **Toddler Tumble**

Ages 2-4:
Weekly learning

> **Soft Parkour**

AGES 4-6

Rolls, cartwheels,
handstands, flip work

> **Tiny Tumblers**

Obstacles, ninja
warrior

> **Tiny Ninjas**

Basic shapes and
jumps, intro to flip
work

> **Tiny Jumpers**

AGES 16+

Weekly activity

> **Adult Class**

ANY SUITABLE AGE

Focussed progress

> **Private Session**

AGES 5-15

Rolls, cartwheels,
handstands, flip work

> **Recreational Tumbling**

Basic skills, obstacles,
ninja warrior

> **Standard Parkour**

Basic shapes and
jumps, intro to flip
work

> **Standard Trampoline**

Walkovers, aerials,
handsprings,
connections

> **Extension Tumbling**

Social class focussed
on tumbling skills

> **Teen Tumbling**

Flip work, twisting,
connections

> **Extension Trampoline**

Advanced parkour
skills and flip work
incorporated in
parkour

> **Advanced Parkour**

Social class focussed
on parkour skills

> **Teen Parkour**

Casual play

> **Open Sessions**

Social evening

> **Kids Night Out**

School holidays

> **Holiday Programme**