

# MINISTRY OF AIR



## Aerial Sports Trampoline Training

These specialist classes are designed to suit the needs of those wanting to gain specialist aerial experience for you own sport

Our expert coaches are experienced in providing guidance and teaching for Snowboarders, Aerial Skiers, Wakeboarders, Skateboarders and other sports involving aerial elements

### Session Times

Sessions are available to book on a 1:1 basis or as a group. Prices start from £33.00 and are dependent on group size and the time of day you chose

### Booking your place

Contact us now to discuss individual needs and to arrange your session

Visit us at: [ministryofair.com](http://ministryofair.com)

Mobile: 07901 555 242

E-Mail: [graham@ministryofair.com](mailto:graham@ministryofair.com)



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## Physical Benefits

- Strengthening of muscles
- Improved posture
- Increased body awareness
- Improved balance and co-ordination
- Development of height and depth perception
- Increased reaction speed
- Increased stamina
- Increased flexibility

## What to wear

Soft clothes like tracksuits are ideal. Body piercings and jewellery must be removed and socks must be worn at all times

## Etiquette

Please enter the trampoline hall via the entrance on badminton court number 5. If there are other sports hall users on this court please wait until they finish the point they are playing before crossing

Please remove your shoes in the viewing area before crossing into the trampoline area. Please leave coats and bags in the viewing area

## Training Venue

Hemel Hempstead Sport Centre  
HP1 1JS

