

High Peak Trampolining & Rebound Therapy Club

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High Peak Trampolining & Rebound Therapy Club are an affiliated British Gymnastics sports club and an approved provider of Rebound Therapy founded in 2011. The club run sessions for children and young people of all abilities. All sessions are run by experienced and qualified coaches and instructors. The club is recreationally based and particularly suitable for beginner or intermediate trampolinists. The sessions are very popular and we have a waiting list if no spaces are available. Please visit our '[Information for New Members](#)' page on the clubs website and contact us prior to attending.

Monday evenings:

4:45-5:15 Rebound Therapy (15 minute sessions)

The club run dedicated 1:1 sessions for children, young people and adults with disabilities and additional needs

2x Juniors sessions (5-14 years) - 5:30-6:30pm & 6:30-7:30pm

Friday evenings:

2x Juniors sessions (5-14 years) - 5:30–6:30pm & 6:30–7:30pm

1x MyClub session – 7:30-8:30pm

* The MyClub session is for the teenage gymnasts involved in the MY Club Groups (A British Gymnastics Initiative encouraging teenage gymnasts to remain in the sport)

Wednesday Evenings

5:00pm-7:30pm (15 minute sessions)

The club run dedicated 1:1 sessions for children, young people and adults with disabilities and additional needs.

Additional Club Information:

- Winner of 'High Peak Sports Club of the Year' in 2011
- The club are a partner of the High Peak Gymnastics Leadership Academy providing leadership opportunities for 13-18 year olds
- We hold a series of social events for club members and families throughout the year including an 'Overnight Bounceathon'
- Over 80 members
- The club provided Trampolining for a High Peak Schools Festival that celebrated the Olympic Torch Relay passing through Buxton in
- June 2012
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St. Philip Howard Sports Centre
Community Sports Wing of St. Philip Howard School
St. Mary's Road
Glossop
SK13 8DR

Club Official Name: Emma Champion Tel: 01457 866612 Mobile: 07947 832 413