

Skill Level
Beginner to Advanced

Class Duration
1.5 Hours

Age
14+ years

SLACKLINE

CLASS



The art of Slackline is a practice in balance that typically uses 1 inch nylon webbing tensioned between two anchor points.

Slacklining is recognised worldwide as a sport, an art form, a recreational past time and a therapeutic activity and beneficial for personal focus, agility, core muscle groups and balance receptors, as well as being both a relaxing and stimulating activity.

Distinct from tightrope or tightwire walking in that the line is not held rigidly taut (although it is still under some tension), it is instead dynamic, stretching and bouncing like a long and narrow trampoline. The dynamic nature of the line allows for impressive tricks and stunts.

It has also been shown to be an amazing way to encourage people of all ages and abilities to take calculated and beneficial risks, again something which can be transferred into various other activities and pursuits.

[More Details](#)

[Book a Class](#)

THE
OAK CIRCUS
CENTRE

“The are of **Slackline** is beneficial to **personal focus, agility, core muscle groups & balance receptors.**”

[Terms & Conditions](#)