

iN Toulouse

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CATS ON TREES

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de leur nouvel
album !

All about their new album

GOURMETS

Grands chefs
pour grands Terroirs
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DESTINATIONS

Îles : la Martinique et La Réunion
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Hoops Factory, une salle consacrée exclusivement au basket indoor.
Hoops Factory, a gym dedicated to indoor basketball.

A 10 year old boy jumping on a trampoline with a radiant smile does a series of somersaults. «I come to the Trampoline Park every Wednesday,» he says. He isn't the only one who's become a regular here. A group of forty-somethings in basketball uniforms head for the Hoops Factory nearby, while two young women enter the Block Out climbing gym. Over the past few years, an entire indoor-sports cluster has developed at ZAC Garonne in the Sept Deniers neighborhood.

Indoor sports, originally a US trend, has become particularly popular here, where some disciplines, previously unknown in France, have recently sprung up.

Baby indoor sports

Invitations for birthdays at UrbanSoccer and Laser Game are a new trend! Children are the main users of these new rooms. With 3,000 m2, lots of trampolines and a pit with 16,000 foam cubes, Trampoline Park is a favorite destination for young athletes. «We have a room to celebrate birthday parties, and children are very enthusiastic users, but adults come too, especially in the evening,» says manager Julien Samana. Kids from the age of 5, supervised by monitors, really go for it. And their parents can also join in if they wish. At Solo Escalade, parents and children can also come together during courses on the climbing wall. Youngsters love indoor soccer and the crazy experience of bubble soccer. Even the little ones are welcome in these indoor spaces. At C l'Aventure, babies just a year old can take advantage of a mega play area with a rubber ball pit, rope tunnels and a track for fun races on balance bikes without pedals.

Sports for everyone

Many people want the pleasures of sports without the constraints of enrolling in a club, or diligent, regular training sessions. To meet such demands, the Beach Park in Tournefeuille, France's leading sand sports complex, opened a few months ago. «We started with the

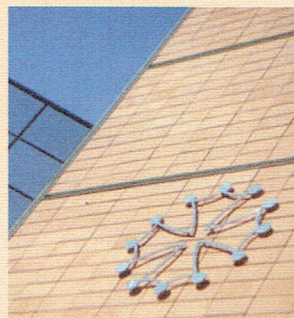
observation that it's difficult to combine the constraints of working life with playing rugby in a club. So we created this complex where you can come and play as you like,» says Mathieu Labat of the Beach Park. Here, there's no pressure, just game areas with sand, like at the beach, and the opportunity to book a slot with friends to play rugby, soccer, volleyball, tennis or badminton. It gives you sports facilities without restrictions, where the emphasis is on the friendly, fun aspect, and you can have a drink after a game, or play ping-pong,» says Mathieu Labat. Whether you book ahead or at the last moment, you can try out a range of sporting activities, even for beginners. In addition to a dozen indoor soccer rooms, Toulouse has many climbing rooms where beginners can have fun thanks to automatic winders. You can also try your hand at original disciplines, such as trampoline fitness, indoor karting or the combined course of biking and yoga. «The 30-minute biking session is followed by 40 minutes of dynamic yoga to work on loosening and stretching,» says Xavier Verbeke of Happyness Cycling.

Stay warmed up

For more comfort in winter or for practical reasons, regular athletes also indulge in indoor sports. Many indoor clubs operate on the same principles as outdoor clubs, with competition as a goal in common! As for soccer, some even aim for the big leagues; for example UJS Union des Jeunes Sportifs de Toulouse plays in Futsal League 2! The Classico Foot room offers tournaments and «for those who want to maintain a competitive spirit, a Championship which takes place every Monday night,» says Paco Lane, the Manager. At the Hoops Factory you can join the Hoops League and challenge basketball players in the region on a regular basis. Indoor sport is ripe with ideas. Even scientists are involved, for example with the first drone aviary on the ENAC campus in Toulouse, which intends to host the largest international drone competition!



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