

'Recreational Gymnastics'

Recreational Trial Session: £4.00

Course Cost: £21.00 for a six week course

Our Recreational Gymnastic Sessions are based and run alongside the governing body, British Gymnastic badge award scheme. Our coaches have many years experience and have the ability to spot talent. Although we do not take Gymnastic to a high competition level we have contacts at local high level clubs for further pathways within Gymnastics.

We currently have a competition beam and training beam, mini 'A' bars, multiple spring boards, Vaulting boxes, a sprung floor and tumble track.

Classes involve teaching the correct ways in which to do basic rolls forward and backwards, cartwheels, use of beams, bars, box jumping and creating a flexible and more controlled and stable child. If you would like to know more about our classes or you would like to put your child's name down to do Gymnastics please contact us on the details below:

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