

ADULT GYMNASTICS

For Age 16+ Starting 9th January

Thursdays – 7.00-8.00PM (During Term Time)

REGISTRATION FROM 6.50PM

The class is open for everyone from the complete beginner to the more advanced adult gymnast and there are no age restrictions as long as you are over 16. SGA provides a safe, friendly environment with professional coaches to help participants develop their skills and can be adapted to be inclusive for everyone, regardless of age or ability.

The sessions are 60 minutes long and partially structured, the lead coach will deliver a warm up, stretch and work on basic floor skills for 20 minutes, following this participants will be free to focus on specific apparatus and skills. Our Qualified coaches are on hand to help develop new skills, assist with supporting and providing feedback or if participants are more confident they have the freedom to perfect moves independently.

"It might be your first handstand, your first vault or just the first time you've been on a trampoline in years. You can test yourself in a range of different activities and by building your strength, flexibility and control, you'll see your performance improve in other sports too. Whether you're looking to take your first steps in gymnastics, are an ex gymnast or from another area of sport, dance or fitness, Adult Gymnastics provides a fantastic, Fun Challenge.

Costs – Weekly Payment Pay as you Go. Payment by CASH only, no card payments.

£6.50 - Introductory class cost for the first two sessions.

£6.50 - Weekly Class cost for British Gymnastics Members. Members will require Annual British gymnastics Membership before participating in their 3rd session (£19 Annually Oct 19 - Sept 20)

£7.50 - Class cost for non British Gymnastics Members. This does not include the benefits of British Gymnastics membership but does include limited personal accident insurance within the fees.



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