

Parent and Toddler Sessions

Soft Play & Bouncy Castle (6 months - 4 years)

A fun development of young children through play.

		per session	10 sessions
Mon	10.00am - 12.00pm	£3.00	£20.00
Tue	10.00am - 12.00pm	£3.00	£20.00
Wed	10.00am - 12.00pm	£3.00	£20.00
Fri	10.00am - 12.00pm	£3.00	£20.00
Sat	9.30am - 11.30am	£2.50	

Gym Tots Structured Class (12 months—4 years)

Get your children off to a good start with pre-school classes developing confidence, balance, strength & co-ordination.

		per session	
Thur	9.30am - 10.30am	£3.50	
	10.45am - 11.45am	£3.50	
Fri	4.00pm - 5.00pm	£3.50	

Trampoline Tots (18 months—4 years term time only)

An introduction to trampolining.

			6 week course
Mon	1.30pm - 2.30pm		£18.00
Tue	11.00am - 12.00pm		£18.00

Gymnastic Classes

Fun Gym (Boys and Girls 3 - 5 years)

An introduction to gymnastics apparatus & basic skills with an emphasis on exploring through play & fun activities.

		per session	6 week course
Mon	4.30pm - 5.30pm	£3.80	£20.00
Wed	4.00pm - 5.00pm	£3.80	£20.00
	5.00am - 6.00pm	£3.80	£20.00
Thur	4.30pm - 5.30pm	£3.80	£20.00

Early Learners Gymnastics Apparatus Work

(Boys and Girls 5 - 7 years)

An introduction to gymnastics apparatus & basic skills incorporating some badge work.

		per session	6 week course
Mon	4.00pm - 5.00pm	£3.80	£20.00
Tues	5.00pm - 6.00pm	£3.80	£20.00
Wed	5.00pm - 6.00pm	£3.80	£20.00
Thur	4.00pm - 5.00pm	£3.80	£20.00
Fri	4.00pm - 5.00pm	£3.80	£20.00



Badge Classes (Boys and Girls 5 - 15 years)

British Gymnastics Association Award Scheme - working towards a badge & certificate for achievement.

		per session	6 week course
Mon	4.00pm - 5.00pm	£3.80	£20.00
	6.00pm - 7.00pm	£3.80	£20.00
Tue	4.00pm - 5.00pm	£3.80	£20.00
Wed	6.00pm - 7.00pm	£3.80	£20.00
Thur	6.00pm - 7.00pm	£3.80	£20.00
Fri	7.00pm - 8.00pm	£3.80	£20.00

Junior Recreational (7 - 12 years)

A mixture of apparatus & badge work.

		per session	6 week course
Wed	5.00pm - 6.00pm	£3.80	£20.00
	6.00pm - 7.00pm	£3.80	£20.00
Sat	9.30am - 10.30am	£2.50	
	10.30am - 11.30am	£2.50	

Senior Recreational (12+ years)

A mixture of apparatus & badge work.

		per session	6 week course
Wed	7.00pm - 8.30pm	£4.50	£24.00
Sat	9.30am - 10.30am	£2.50	
	10.30am - 11.30am	£2.50	

Recreational Competition Group (8 - 15 years)

Working towards recreational & novice competitions. This session is open to all abilities, 2 of 3 sessions must be attended according to ability.

Mon	6.00pm - 8.00pm	£25 per month by standing order
Wed	5.30pm - 7.30pm	
Fri	7.00pm - 9.00pm	

Boys Recreational (5 - 15 years)

Developing skills on boy's apparatus.

		per session	6 week course
Tue	4.00pm - 5.00pm	£3.80	£20.00
Thur	5.00pm - 7.00pm	£4.80	£24.00

Girls Intermediate Classes (8 - 15 years)

Improving skills & confidence on the apparatus.

		per session	6 week course
Tue	5.00pm - 7.00pm	£4.80	£24.00
Thur	5.00pm - 7.00pm	£4.80	£24.00



Freestyle Gymnastics

		per session
Tue	6.00pm - 7.00pm (8 - 13 years)	£3.80
	7.00pm - 9.00pm (13 - 17 years)	£4.50

Teenage Gymnastics Girls

(Teenage Tumble Gym 13 - 17 years)

		per session
Mon	7.30pm - 9.00pm	£4.50
Wed	7.30pm - 9.00pm	£4.50

Acrobatic Gymnastics

(Boys & Girls 5 - 15 years)

Balancing and tumbling with a partner or group.

Sat	9.30pm - 11.30pm	£5.00
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Trampolining Classes

Trampolining (Boys and Girls 4 - 16 years)

		per session	6 week course
Mon	5.00pm - 6.00pm	£3.80	£20.00
	7.00pm - 8.00pm	£3.80	£20.00
Tue	4.00pm - 5.00pm	£3.80	£20.00
Wed	4.00pm - 5.00pm	£3.80	£20.00
Thur	7.00pm - 8.00pm	£3.80	£20.00
Fri	5.00pm - 6.00pm	£3.80	£20.00
	6:00pm—7:00pm	£3.80	£20.00

Adult Classes

Gymnastics (18 years+)

		per session	12 sessions
Mon	7.30pm - 9.00pm	£5.50	£50.00
Tue	7.30pm - 9.00pm	£5.50	£50.00
Wed	7.30pm - 9.00pm	£5.50	£50.00
Thur	7.30pm - 9.00pm	£5.50	£50.00

Saturday Fun Session

A morning of fun for all the family. Gymnastics 5 - 15 years, Street Dance for 5 - 17 years. Soft play 6 months - 4 years.

		per session
Soft Play - Parent & Toddler	9.30am - 11.30am	£2.50
Gymnastics	9.30am - 10.30am	£2.50
Gymnastics	10.30am - 11.30am	£2.50
Acrobatic Gymnastics	9.30am - 11.30am	£5.00
Street Dance	10.00am - 11.00am	£2.50
Street Dance	11.00am - 12.00pm	£2.50

