

# GYMNASTICS



WHO: Open to Years 1-6

WHEN: Autumn, Spring & Summer Terms

WHERE: In the School Hall

DAY: Friday, 3.25-4.20pm

*Join a fun environment for beginners to club gymnasts, to develop their strength, flexibility, co-ordination & balance.*

*Sessions include:*

- *Fun warm-ups*
- *Mat work & tumbling*
- *Shapes & balances*
- *Apparatus & climbing frame*
- *Routines & performances*

*(small additional charge – instructed by an outside provider)*