

Gymnastics Club



Stretch your body & imagination!

Children are never too young to enjoy the many benefits of a good gymnastics programme. In fact, research shows that in addition to the physical benefits, learning gymnastics also helps to promote: healthy brain development, positive social skills, emotional maturity, confidence, and character.

In each 90-minute class, children will engaged in a number of age-appropriate activities that are all fun, fast & physical. They will learn the gymnastics in a safe, supportive environment.

Your child will learn these core skills:

- ✓ forward & backward roll
- ✓ balancing & flexing
- ✓ rolling & tumbling
- ✓ jumping & bouncing
- ✓ handstand, cartwheel & star jump
- ✓ tuck, straddle, pike, stretch