

## SESSIONS AVAILABLE

## GYMNASTICS PARTIES AVAILABLE Ask for more info!

### DROP-IN WALKING: 4 YEARS

Parents and toddlers can both explore gymnastics together. These fun classes offer full use of our new gymnastics equipment and provide opportunities for your child to climb, jump, roll and run in a safe environment under the supervision of our qualified coaches.

### PRE-SCHOOL: 3 YEARS +

These classes are the last stage in the progression towards Max Whitlock gymnastics.

We welcome children from the age of three, if they are ready to work independently. We continue to provide theme based sessions, developing the basic physical movements into gymnastics skills, sequences and progressing onto apparatus.

### RISING 5s

This class is for 3 – 4 year-olds who are ready to explore and develop more complex gymnastics skills. It is a transitional class between our pre-school and Max Whitlock Gymnastics class, to prepare the little ones for afterschool gymnastics.

### MAX WHITLOCK GYMNASTICS: 4-11 YEARS

This unique programme focuses on incorporating the four key components of gymnastics, power, balance, strength and flexibility. Each term, our team of highly skilled coaches work closely with your child to develop their confidence and skills and work towards achieving a particular element. All children must be of full time school age.

### ADVANCED RECREATIONAL CLASSES

These classes offer a higher level of gymnastics, either when a child has completed badge one or shows a natural aptitude towards gymnastic skills that need to be developed further. This class is by selection/assessment only, as the starting skill level is aimed at flicks and somersaults. The lead coach will approach the parent when it is time for a child to move into this class for a trial session.

### ADULTS GYMNASTICS

Our new adult gymnastics classes are for anyone aged 18 years and older, interested in trying their hand at gymnastics. It is suitable for those of all abilities, from beginners to ex-gymnasts wanting to train and exercise in a different way.

| TUESDAY                                | WEDNESDAY  | THURSDAY   | SATURDAY   |
|--|--|--|--|
| 09.30 - 10.30<br>Drop-in Walking 4 yrs | 15.45 - 16.30<br>Rising 5s                           | 09.30 - 10.30<br>Drop-in Walking 4 yrs               | 09.30 - 10.30<br>Max Whitlock<br>Gymnastics 4-7 yrs  |
| 10.30 - 11.30<br>Drop-in Walking 4 yrs | 16.30 - 17.30<br>Max Whitlock<br>Gymnastics 4-7 yrs  | 10.30 - 11.30<br>Drop-in Walking 4 yrs               | 10.30 - 11.30<br>Max Whitlock<br>Gymnastics 8-11 yrs |
| 11.30 - 12.30<br>Pre-school 3 yrs +    | 17.30 - 18.30<br>Max Whitlock<br>Gymnastics 8-11 yrs | 11.30 - 12.30<br>Pre-school 3 yrs +                  | 11.30 - 13.30<br>Advanced Recreational<br>Classes    |
|  | 18.30 - 20.00<br>Advanced Recreational<br>Classes    | 16.00 - 17.00<br>Max Whitlock<br>Gymnastics 4-7 yrs  |  |
|  | 20.00 - 21.00<br>Adult Gymnastics                    | 17.00 - 18.00<br>Max Whitlock<br>Gymnastics 8-11 yrs |  |
|  |  | 18.00 - 19.00<br>Advanced Recreational<br>Classes    |  |

