

MAX WHITLOCK GYMNASTICS POWERED BY EVERYONE ACTIVE

Everyone Active has partnered with Max Whitlock Gymnastics with the specific aim of getting one million kids engaged in gymnastics by 2022. The programme, designed by Max, alongside his wife and elite coach, Leah, will be delivered in your centre by our highly trained and passionate team of coaches.

Sessions are fun and engaging for kids of all ages and will help them develop the four core gymnastic skills –

- Power
- Balance
- Strength
- Flexibility


Meanwhile, each child will work towards their own individual development programme.

As a member of Max Whitlock Gymnastics, your child will receive:

- A guaranteed place on the scheme
- A progress log, complete with stickers
- A Max Whitlock Gymnastics t-shirt
- And a quarterly newsletter

To find out more, or to book, talk to staff at your local Everyone Active centre. Alternatively, you can get in touch via our website: www.everyoneactive.com/maxwhitlockgymnastics or social media channels.

 facebook.com/everyoneactive

 [@everyoneactive](https://twitter.com/everyoneactive)



Hart Leisure Centre
03330 050134

MAX WHITLOCK
Gymnastics

POWERED BY **everyone**
ACTIVE

WE PLEDGE TO GET ONE MILLION KIDS ENGAGED WITH GYMNASTICS BY 2022

SESSIONS AVAILABLE AT HART LEISURE CENTRE

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 preschool 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.

Book via reception, call the centre on 03330 050 134 or email hartinfo@everyoneactive.com

TIMETABLE:

TUESDAY

Drop-in walking, 4years:
09.30-10.30 & 10.30-11.30
Preschool 3 yrs+: 11.30-12.30

WEDNESDAY

Rising-5s: 15.45-16.30
Max Whitlock Gymnastics 4-7yrs 16.30-17.30
Max Whitlock Gymnastics 8-11yrs 17.30-18.30
Advanced Recreational Classes 18.30-20.00

THURSDAY

Drop-in walking, 4years:
09.30-10.30 & 10.30-11.30
Preschool 3 yrs+: 11.30-12.30
Max Whitlock Gymnastics 4-7yrs 16.00-17.00
Max Whitlock Gymnastics 8-11yrs 17.00-18.00
Advanced Recreational Classes 18.00-19.00

SATURDAY

Max Whitlock Gymnastics 4-7yrs: 09.30-10.30
Max Whitlock Gymnastics 8-11yrs: 10.30-11.30
Advanced Recreational Classes: 11.30-13.30
Parties/Specialist class: 13.30-14.30

**GYMNASTICS
PARTIES
AVAILABLE**

Ask in centre for
more info!

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