



# SPRING GYMNASTICS

## Autumn Term Courses 2018

Our Gymnastics Courses are for 14 weeks and start W/C Monday 10th September.

We have 6 week courses available for tumbling and pre-school which will start W/C Monday 10th September. Full timetable is overleaf & course descriptions are on the back page. Course prices can be found in the courses brochure.

We also offer fantastic Gymnastics, Pre-school and Mini-springer Parties, please visit [www.sportspark.co.uk](http://www.sportspark.co.uk) for more information.



Courses and drop in descriptions

### **Recreational Gymnastics courses (School age and upwards)**

Fun courses for those who would like to give gymnastics a try and for those who enjoy gymnastics and just want to have some fun. We follow the British Gymnastics awards for recreational gymnastics, these start at award 8 and work towards award 1. The awards are practiced twice a term, and is a fun way to work on coordination, strength and flexibility. The basics in gymnastics will be worked on the other sessions using all the apparatus, with the emphasis on FUN

### **Improver Gymnastics courses (school age - 15)**

Improver courses may be more appropriate for those who have mastered the basic skills. There is more focus on conditioning and strengthening exercises that are needed to achieve more difficult skills.

### **Tumbling (8-15yrs)**

Tumbling is a 6 week course which is all about somersaults, flips and twists - and linking them together, one right after the other. If you've already got a bit of gymnastics experience, it's easy to get started with tumbling (not to mention a whole lot of fun).

### **Pre-school Spring Sessions (walking - school age)**

An unstructured class where children and parents play together on the preschool apparatus under the supervision of coaches. 45 minutes session.

### **Pre-school Taught sessions (walking - school age)**

A structured class for children and parents. Coaches teach basic gymnastics skills on pre-school apparatus. Participants in this session will need to be able to follow simple instructions and take part for the whole session. 45 minute session.

### **Open gymnastics (16+)**

Session for those over 16 wish to try gymnastics. There will be coaches available to do provide help and advice when possible. The staff are there to supervise the session as well, so coaching is not always available. The trampolines are available to use to practice your gymnastic moves and under the coaches discretion and supervision. Participants of the session will need to fill out the Open Adult Gymnastic Registration form.

To book onto a course call **01603 592398**

For any more information please email [gymnastics.sportspark@uea.ac.uk](mailto:gymnastics.sportspark@uea.ac.uk)

**[www.sportspark.co.uk](http://www.sportspark.co.uk)**

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