

Courses & Descriptions

Pre-School Play (£3.75 per session) Walking—school age: An unstructured class where children and parents play together on the pre-school apparatus under the supervision of coaches. One parent to one child recommended, two children to one parent accepted.

Pre-School Taught (£3.75 per session) Walking—school age: A structured class for children and parents. Coaches teach basic gymnastics skills on the pre-school apparatus. One parent to one child recommended, two children to one parent accepted.

Pre-school Independent (3yrs - school age): A structured 6 week course for children who are taught gymnastics skills on the pre-school apparatus. Parents do not take part but are welcome to watch the sessions from the viewing gallery.

Beginner Gymnastics courses (School age and upwards): An introduction to gymnastics and its apparatus. Participants learn the basic skills that provide a foundation in gymnastics.

Improver Gymnastics courses (school age-13): 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.

Veteran Drop-in Sessions (16yrs+): (£5.00 Members / £5.60 Non-Members) Designed for ex-competitive and/or experienced gymnasts, over the age of 16 only. Coaches will be on hand for safety but will not be teaching on the apparatus.

Freestyle Gymnastics (13yrs+): is a new and emerging branch of gymnastics which includes aspects of parkour, free running, tricking, in a safe indoor environment. Classes include a structured warm up and cool down lead by one of our Freestyle coaches, followed by an open session for gymnasts to use the equipment in new and creative ways. Gymnasts are given a certain level of freedom to develop their own “paths” within the gymnastics centre, but coaches will be on hand to supervise and to introduce skills to beginners.

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).

Adult Structured courses(16 years and above): This is a 6 week structured coached course for anyone over 16. All abilities are catered for. A trial session is recommended.

For any more information please contact a member of the gymnastics staff.

Call 01603 593913 or email gymnastics.sportspark@uea.ac.uk.

SPRING Gymnastics & Trampolining Autumn Term Courses 2016

- ◆ Our Gymnastics Courses are for 14 weeks and start W/C Monday 12th September
- ◆ We have 6 week courses available for adult gym, freestyle gymnastics and pre-school which will start W/C Monday 12th September
- ◆ Pre-School Play and Pre-School Taught Classes are drop in sessions and are bookable 10 days in advance.
- ◆ The Veteran Session is a drop in and available to pay on the day.
- ◆ 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 Trampoline parties, please visit www.sportspark.co.uk for more information.

Sportspark SPRING Gymnastics and Trampoline Centre - Winter Term Programme 2016

| | 09:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | |
|-------|-----------|--------------|----------------|------------------|--|------------------|-------|-----------|-----------|---|----------------------|-------------------|-------|--|
| Mon | | PRE-SCH Play | PRE-SCH Taught | PRE-SCH Play | | PRE-SCH Indp 6WK | | BEG Sch-7 | BEG 8-10 | BEG 11-13 | | | | |
| Tues | | PRE-SCH Play | PRE-SCH Taught | PRE-SCH Play | PRE-SCH Play | | | BEG Sch-7 | BEG Sch-7 | BEG 8-10 | | | | |
| Wed | | PRE-SCH Play | PRE-SCH Taught | PRE-SCH Indp 6WK | PRE-SCH Play | | | BEG Sch-7 | BEG 8-10 | BEG 8-10 | | Adults 16+ 6 Week | | |
| Thurs | | PRE-SCH Play | PRE-SCH Taught | PRE-SCH Indp 6WK | PRE-SCH Play | PRE-SCH Play | | BEG Sch-7 | BEG Sch-7 | IMP 8-10 | Tumbling 8-15 6 Week | | | |
| Sat | BEG Sch-7 | BEG 8-10 | BEG Sch-7 | | Gymnastic Parties Please call 01603 593403 or email events.sportspark@uea.ac.uk | | | | | Private Hire Please call 01603 593403 or email events.sportspark@uea.ac.uk | | | | |

Please note: UEA student sessions are for UEA students only