

Courses & Descriptions

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.

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.



SPRING Gymnastics & Trampolining Autumn Term Courses 2017

- ◆ Our Gymnastics Courses are for 14 weeks and start W/C Monday 11th September
- ◆ We have 6 week courses available for adult gym and freestyle gymnastics which will start W/C Monday 11th September
- ◆ Full timetable is overleaf & course descriptions are on the back page.
- ◆ Course prices can be found in the courses brochure.

To book onto a session call 01603 592937

For any more information please email gymnastics.sportspark@uea.ac.uk

We also offer fantastic Gymnastics, pre school and Trampoline parties, please visit www.sportspark.co.uk for more information.

Sportspark SPRING Gymnastics and Trampolining Centre - Autumn Term Programme 2017

	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	New Pre-School Programme coming soon...							BEG Sch-7			BEG 8-10		BEG 11-13						
Tues								Advanced			IMP Sch-7		IMP 8-10						
Wed								BEG Sch-7		BEG 8-10		BEG 8-10		Adults 16+ 6 Week					
Thurs								BEG Sch-7		BEG Sch-7		BEG 10		Tumbling 8-15 6 Week					
								IMP Sch-7		IMP 8-10		IMP 11-13		Free Style 13+ 6 Week					
Sat	BEG Sch-7		BEG Sch-7		BEG 8-10														
	BEG Sch-7		BEG Sch-7		BEG 8-10														
	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