



SPRINGGYMNASTICS

Sessions below begin week commencing Monday 16th January 2023. To book, please visit Sportspark reception. For more information, please email gymnastics.sportspark@uea.ac.uk.

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
MONDAY		Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Taught	Pre Schl - Walking Independent		Rec Schl - 7 yrs	Rec 8 - 10 yrs			
									Improvers Schl - 7 yrs			
TUESDAY		Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Taught	Inclusive Springer		Beginner Tumbling	Tumble Squad			
								Rec Schl - 7 yrs	Rec Schl - 7 yrs	Artistic Squad		
									Rec 8 - 10 yrs			
WEDNESDAY		Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open	UEA Nursey		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Rec 11 - 15 yrs	Adult Open Gym	
										Rec 8 - 10 yrs		
									Rec Schl - 7 yrs	Rec 8 - 10 yrs		
									Beginner Tumbling	Improvers Tumbling		
THURSDAY		Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Taught	Pre Schl - Walking Independent		Rec Schl - 7 yrs	Improvers 8 - 10 yrs		Improvers Girls 11 - 15 yrs	
									Rec 8 - 10 yrs		Improvers Boys 8 - 15 yrs	
								Improvers Schl - 7 yrs			Rec 11 - 15 yrs	
FRIDAY		Pre Schl - Walking Taught	Pre Schl - Walking Independent	Pre Schl - Walking Open*	Pre Schl - Walking Open*	Pre Schl - Walking Open*		Rec 8 - 10 yrs	Tumble Squad			
		Baby Open										
								Rec Schl - 7 yrs	Rec Schl - 7 yrs			
SATURDAY	Rec Schl - 7 yrs	Rec 8 - 10 yrs	Rec Schl - 7 yrs									
	Rec Schl - 7 yrs	Rec 8 - 10 yrs		Artistic Squad								
		Rec Schl - 7 yrs		Advanced Group								

*please note these sessions may not always run due to private hire.

Please note one adult per two children is permitted for all open and pre-school sessions. Thanks for your co-operation.