



SPRING GYMNASTICS

Sessions below begin week commencing Monday 2nd October 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 Open	Pre Schl - Walking Open		Rec Schl - 7 yrs	Rec 8 - 10 yrs			
TUESDAY		Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Taught	Inclusive Springer		Rec Schl - 7 yrs	Tumble Squad			
								Beginner Tumbling	Rec Schl - 7 yrs	Artistic Squad		
									Rec 8 - 10 yrs			
									Tramp Rec Schl - 7 yrs	Tramp Rec 8 - 15 yrs	Tramp Rec 8 - 15 yrs	Tramp Improver 8 - 15 yrs
WEDNESDAY		Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open	Pre Schl - Walking Open		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Rec 11 - 15 yrs	Adult Open Gym	
								Beginner Tumbling	Rec 8 - 10 yrs			
									Rec Schl - 7 yrs	Rec 8 - 10 yrs		
									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	
								Improvers Schl - 7 yrs			Improvers Boys 8 - 15 yrs	
									Rec 8 - 10 yrs		Rec 11 - 15 yrs	
									Artistic Squad			
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	Rec 8 - 10 yrs	Tumble Squad		
	Baby Open						Improver Tumbling					
								Rec Schl - 7 yrs	Rec Schl - 7 yrs			
SATURDAY	Rec Schl - 7 yrs	Rec 8 - 10 yrs	Rec Schl - 7 yrs	Artistic Squad								
		Rec Schl - 7 yrs	Rec 8 - 10 yrs									
			Rec Schl - 7 yrs	Rec 11 - 15 yrs								
		Tramp Rec Schl - 7 yrs	Tramp Rec 8 - 15 yrs	Tramp Rec 8 - 15 yrs								

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

All day every day for the community.
Sportspark, Norwich Research Park, Norwich, Norfolk, NR4 7TJ