

SPRING GYMNASTICS

Week commencing Monday 23rd October

Sessions begin Monday 23rd October 2023. Please book via Sportspark reception or call 01603 592398. For more information, please email gymnastics.sportspark@uea.ac.uk.

	10:00	11:00	12:00	13:00	14:00
MONDAY	Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer Session 9 - 15 yrs
TUESDAY	Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	SEND Session Schl - 9 yrs	SEND Session 8 - 15 yrs
WEDNESDAY	Holiday Club				
THURSDAY	Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer Session 9 - 15 yrs
FRIDAY	Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs

Pre Schl - Walking Open

This 45-minute session is for walking-school age children. It's a chance for them to come into the gym, explore and play on all the gymnastics equipment with their parent. Parents will be fully in charge of their child throughout the session. Please note one adult per two children is permitted for all open and pre-school sessions.

Mini Springer Walking - 8 yrs

This 45-minute session is for walking-8 years. It's a chance for them to come into the gym, explore and play on all the gymnastics equipment with their parent. Parents will be fully in charge of their child throughout the session. Please note one adult per two children is permitted for all Mini springer sessions.

Springer 9 - 15 yrs

This hour session is for children aged 9-15 years. It's a chance for them to come into the gym without parents, explore and play on all the gymnastics equipment. There are 2 qualified coaches on hand to offer advice and will lead a warmup at the beginning of the session.

SEND Sessions

This class is for children with Special Educational Needs or Disabilities (SEND) and their siblings. One parent/guardian/carer supervising one child is recommended but we will allow two adults to one child. This 45-minute session is for walking- 9 years and 8-15 years. It's a chance for them to come into the gym, explore and play on all the gymnastics equipment with their parent. Parents/Guardian or Carers will be fully in charge of their child throughout the session but there are 2 qualified coaches on hand to offer any advice. No music will be played during the session. Sessions have reduced numbers to allow children to have more space around them to play.

All day every day for the community.

Sportspark, Norwich Research Park, Norwich, Norfolk, NR4 7TJ