

SPRING GYMNASTICS

Week commencing Monday 19th February 2024

Sessions begin Monday 19th February. Please book via Sportspark reception or call 01603 592398. For more information, please email gymnastics.sportsparkuea.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	Inclusive Session Walking - 9 yrs	Inclusive 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.

Inclusive Session

This 45-minute session is for any child that is walking - 9 years old. We have reduced numbers and no music playing so that children with additional needs feel more comfortable. We allow 2 adults to come in with 1 child if extra support is needed. It's a chance for children to come into the gym, explore and play on all the gymnastics equipment with their parent/adult. Every week there will be a different themed set up for them to enjoy. Parents will be fully in charge of their child throughout the session but there are 2 qualified coaches on hand to offer any advice.

All day every day for the community.

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