
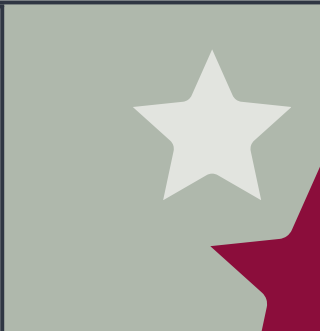




GYMNASTICS CLUB

Recreational gymnastics is designed for children who want to learn basic gymnastics skills, stay fit, build strength and flexibility in a fun and engaging environment. The classes we currently offer are listed below.

<p>Toddler Gym</p> <p>Monday, Wednesday and Friday during state school term time 0930 - 1030</p> <p>For children crawling to 4 years, parents accompany their children while exploring the entire gymnasium.</p> <p>Just turn up, pay & play!</p>	<p>Pre-School Gymnastics</p> <p>Tuesday 1030 -1100 and 1630 – 1700</p> <p>For children from 2 years until they start school. Parents accompany children around a fun gymnastics circuit led by coaches.</p>	<p>Stand Alone Pre-School Gymnastics</p> <p>Wednesday 1315 - 1345</p> <p>30 minutes of fun development for children that will be starting school the following September. Children are taught in the gym by the coach alone, however parents must stay in the building.</p>
	<p>Reception & KS1 Recreational Gymnastics</p> <p>Tuesday 1705 – 1750 and KS1 1755 - 1840 Saturday 0935 – 1020 and KS1 1025 – 1110</p> <p>Working on Vault, Bars, Beam Floor and Trampoline. Gymnasts will work towards our progression and awards scheme that covers levels 8 - 1.</p>	<p>KS2 & Senior School Recreational Gymnastics</p> <p>Tuesday 1755 - 1840 and 1845 - 1930 Saturday 1025 - 1110 and 1115 - 1200</p> <p>Children are led through a warm up, stretch, various preps and gymnastics skills before a cool down. Gymnasts will work towards our progression awards scheme which covers levels 8 - 1.</p> 

To book [please click here to visit our online booking platform](#) or scan the QR Code to the right.

If you have any questions please email sportscentre@portregis.com.

