



# GYMNASTICS CLUB

We currently offer recreational gymnastics classes on a Tuesday and Saturday. 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. We also run additional classes. The classes we currently offer are listed below.

<p style="text-align: center;"><b>Toddler Gym</b></p> <p style="text-align: center;">Monday, Tuesday, 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. Just turn up, pay &amp; play!</p>	<p style="text-align: center;"><b>Pre-School Gymnastics</b></p> <p style="text-align: center;">Monday 1115 - 1145, Tuesday 1615 - 1645 and Wednesday 1115 - 1145</p> <p>For children from 2 years until they start school. Parents accompany children around a fun gymnastics circuit led by coaches.</p>	<p style="text-align: center;"><b>Stand Alone Pre-School Gymnastics</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>Reception &amp; KS1 Recreational Gymnastics</b></p> <p style="text-align: center;">Tuesday 1650 - 1735 and 1740 - 1825 Saturday 1935 - 1020 and 1025 - 1110</p> <p>Gymnasts get the chance to familiarise themselves with the 5 main pieces of apparatus; Vault, Bars, Beam Floor and Trampoline. They will work towards our progression and awards scheme that covers levels 8 - 1.</p>	<p style="text-align: center;"><b>KS2 &amp; Senior School Recreational Gymnastics</b></p> <p style="text-align: center;">Tuesday 1740 - 1825 and 1830 - 1915 Saturday 1025 - 1110 and 1115 - 1200</p> <p>Sessions for KS2 and secondary school children. 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>	<p style="text-align: center;"><b>Parkour</b></p> <p style="text-align: center;">Tuesday 1915 - 2000</p> <p>This fun class is designed for children that are 10-16 years old. Parkour includes running, climbing, swinging, vaulting, jumping, plyometrics, rolling and quadrupedal movements to transition from point A to point B in the most fluid, fast and efficient way possible.</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](mailto:sportscentre@portregis.com).

