



PORT · REGIS

GYMNASTICS

We currently offer recreational gymnastics classes on a Tuesday, Friday 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. The classes we currently offer are listed below.

Preschool Gymnastics Tuesday 1615 - 1715 For children aged 2 until they start school. Parents accompany children around a fun gymnastics circuit led by coaches.	Stand Alone Preschool Gymnastics Friday 1215 - 1300 45 minutes of fun development for children that will be starting school the following September. Parents must stay in the building however the children are in the gym with the coach alone.	KS1 Recreational Gymnastics Tuesday 1700 - 1800 Saturday 1000 - 1100 For children that are in KS1 at school. Children are led through a warm up, stretch, various preps and gymnastics skills before a cooldown.
KS2 Recreational Gymnastics Tuesday 1800 - 1900 Saturday 1100 - 1200 For children that are in KS2 at school or in secondary school. Children are led through a warm up, stretch, various preps and gymnastics skills before a cooldown.	Parkour Tuesday 1900 - 2000 This fun class is designed for children that are aged 10-16 years. 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.	Club and Squad Classes We run club and squad classes for children that show a higher level of talent. These classes are invitation only. If your child is already training at a competitive level and would like to come for a trial, please email Abi Day, Head of Gymnastics at afg2@portregis.com

If you wish to book please [click here to visit our online booking platform](#) and create a profile. When you click to add your child to a class if there is a place you will be notified with further information and invoiced, if there are no spaces available then your child will be added to the waiting list for that class. If you have any questions please email Abi Day, Head of Gymnastics at afg2@portregis.com.