

We are open
47 weeks
of the year!



Acrobatics for **ALL**
ages and abilities!

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Version: 10/8/2019

SEPTEMBER 2019 Acrobatic weekly class programme:

Time	Mon	Tues	Wed	Thurs	Fri
9.30-10.15	Gymtots 2-3yrs	Babygym 1-2yrs	Babygym 1-2yrs	Supertots 3yrs +	Gymtots 2-3yrs
10.30-11.15	Babygym 1-2yrs	Fun4baby 4mths- Pre-walking	Gymtots 2-3yrs	Babygym 1-2yrs	Babygym 1-2yrs
11.30-12.15	Supertots 3yrs +	Gymtots 2-3yrs	Supertots 3yrs +	Gymtots 2-3yrs	Supertots 3yrs +
12.30-13.15	Fledglings 3yrs + PF	Supertots 3yrs +	Hatchlings 3yrs + PF	Babygym 1-2yrs	Fledglings 3yrs + PF
13.30-14.15	Fledglings 3yrs + PF	Fledglings 3yrs + PF	Fledglings 3yrs + PF	Fledglings 3yrs + PF	Fledglings 3yrs + PF
14.30-15.15	Gymtots 2-3yrs	Babygym 1-2yrs		Fun4baby 4mths- Pre-walking	Fun4baby 4mths- Pre-walking
15.45-16.30	Gyminis 4-5yrs	Gyminis 4-5yrs	Gyminis 4-5yrs	Gyminis 4-5yrs	Gyminis 4-5yrs
16.00-17.00	Junior 1 5-6yrs	Junior 1 5-6yrs	Junior 1 5-6yrs	Junior 1 5-6yrs	Junior 1 5-6yrs
16.30-17.30	Junior 2 6-7yrs	Junior 2 6-7yrs	Junior 2 6-7yrs	Junior 2 6-7yrs	Junior 2 6-7yrs
17.00-18.00	Junior 3 7-8yrs	Junior 3 7-8yrs	Junior 3 7-8yrs	Junior 3 7-8yrs	Junior 3 7-8yrs
17.30-18.30	Junior 4 8-9yrs	Junior 4 8-9yrs	Junior 4 8-9yrs	Junior 4 8-9yrs	Junior 4 8-9yrs
18.00-19.00	Junior 5 9-10yrs	Junior 5 9-10yrs	Junior 5 9-10yrs	Junior 5 9-10yrs	Junior 5 9-10yrs
18.30-19.30	Junior 6 10-11yrs	Junior 6 10-11yrs	Junior 6 10-11yrs	Junior 6 10-11yrs	Junior 6 10-11yrs
19.00-20.15	Youth 11-13yrs	Youth 11-13yrs	Youth 11-13yrs	Youth 11-13yrs	Youth 11-13yrs
19.45-21.15	Teens 14-16yrs		Teens 14-16yrs		Teens 14-16yrs

Time	Sat	Time	Sun
9.15-10.00	Gyminis 4-5yrs	10.00-11.00	Additional Needs (coach referral only)
10.00-11.00	Junior 1 5-6yrs	11.00-12.00	Additional Needs Drop-in Mixed age
11.00-12.00	Junior 2 6-7yrs	13.00	Short courses Follow us on our Facebook page for announcements
12.00-13.00	Junior 3 7-8yrs		
13.00-14.00	Junior 4 8-9yrs		
14.00-15.00	Junior 5/6 9-11yrs		
		16.00	

We offer **catch up**
sessions!

FUN4BABY
Drop-in classes for
4months to Pre-walking.
No need to book!

ADULT CLASSES:

Great fun and for all abilities!

Gift cards also available.

Tues	Thurs
Flying Fossils 19.45-21.30	Flying Fossils 19.45-21.30



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Open during **half terms** and
most **Bank Holidays**

Class summaries and prices:

Fun4baby (4mths-Pre-walking, 45mins)

£6.00 per drop-in class – No need to book! Just pay and sign-in on arrival

During these early months we try to encourage a special bond between parent and baby in a fun, safe and friendly environment. Using a multi-sensory approach with the help of music, hand apparatus and age appropriate equipment it will enhance the development of their physical strength, muscle control, co-ordination, balance and social inter-action up until their first early steps. Once your little one is on the move and walking, please speak to a member of staff about our 'Babygym' classes.

Babygym (walking, 1-2yrs, 45mins)

These classes are with parent, unstructured and are based on a circuit of activity stations, where your child through constructive play begins to gain the added benefits of movement, focus and social interaction.

Gymtots (2-3yrs, 45mins) | **Supertots** (3+yrs, 45mins)

The child supported by their parent has the opportunity to develop the basic foundations for gymnastic moves on all pieces of apparatus at their own pace. The children will enjoy the challenges of boy's and girl's gymnastics apparatus at a level appropriate to their age and ability, as well as trampoline, tumble (fast-track) and basic circus skills.

Fledglings and Hatchlings (3yrs+, parent free, 45mins)

Coach referral required for all Fledglings and Hatchlings classes.

This class is the first opportunity to attend a class without their parent. They learn to interact in a group situation and take instruction from an adult other than parents or guardians, while developing their skills on all pieces of gymnastic and circus apparatus.

Gyminis (4-5yrs, parent free, 45mins)

These classes are for reception age school children and are 45 minutes long. They will introduce the children to acrobatic club classes where they work in small groups with a British Gymnastics qualified coach, now experiencing all extent of our apparatus, each child is challenged according to their ability so they learn to develop in a safe and happy environment.

Junior 1 - 6 (5-11yrs, 1hr)

Here children will learn to work in small groups and within the first few years our focus is predominantly on establishing discipline and developing the core acrobatic elements to support larger skill to come. This is where our team also pay closer attention to one's physical ability to perhaps lean toward a professional career in sport and to be offered other acrobatic opportunities. As the child moves towards their teens, develop more self-awareness and gets stronger, skills will continue to grow.

Youths (11-13yrs, 1hr 15mins)

We continue to develop strength, mobility and awareness so every individual can build on sound foundations which will in turn enable them to expand the range and number of skills in their repertoire.

Teens (14-16yrs, 1hr 30mins)

At this age we offer a little more freedom and aim to work closely with each acrobat to understand what motivates them, what they want to learn and achieve within their acrobatics. We work to engage this age group and give them milestones to help them reach their goals.

Additional Needs - Pay & sign-in on arrival

10.00-11.00 £10.00 per class over 5 years old, coach led. 11.00-12.00 £8.00 all ages, with parents

These progressive classes will be tailored to each individual child's needs and aimed to develop their motor skills, balance, co-ordination and focus while having loads of fun. We have previously had a high level of success in integrating those into our mainstream classes, something that we're very proud of, and will continually set out to achieve.

Flying Fossils (16+ yrs, 1hr 45mins evenings)

£10.00 1 x taster | PAYG Membership: £50.00 for x 5 sessions | £100.00 for 10 x sessions | *GIFT CARDS AVAILABLE*

This class can range from ex-gymnasts to complete beginners who are itching to have a go at a variety of acrobatic disciplines and apparatus. If you're looking for a fun, exciting way to get into shape and learn new skills then this is the class for you!

**10% sibling discount and student discounts for our adult classes.*

Please call us on 01483 755777 to find out more or to book at Taster!