

NEW



**REDISCOVER
CONFIDENCE**

**FEELING
SUPER!**

with

**GYMNASTICS
LESSONS**

**NO
JOINING
FEE**

LIMITED TIME OFFER

Official delivery partner of

**British
Gymnastics**



Stoke Mandeville Stadium

let's do
MORE



GYMNASTICS LESSONS

SUPERHEROES ASSEMBLE!



Get the kids moving in our fantastic and progressive gymnastics lessons, laying the foundation for a healthy, active lifestyle.

Why learn gymnastics with us?



Move like a superhero – through gymnastics, they'll develop fundamental movement skills, so they'll be fitter, faster, stronger, more confident and co-ordinated.

Super social skills – they'll also develop important social skills like teamwork, self-confidence, trusting in others, and how to share by taking turns. Gymnastics is recognised as being one of the top three fundamental sports for young people.

Fully inclusive lessons – our lessons are for superheroes of all ages and abilities, and our fully-trained coaches will be with you every step of the way to help support them to achieve their potential.

Progress your superpowers – our programmes are progressive enabling your child to develop at a rate that is appropriate for them. Once your child completes the Proficiency Pathway, we will encourage progression into the advanced stages, which includes Freestyle, Aerobic and Gymfit.

Talent identification – takes place at various stages of the programme and your child may be offered the opportunity to join a gymnastics club... and then who knows how far they could go?



The More Gymnastics Academy provides a high standard of instruction to ensure we get the best from your child and support them to achieve their potential regardless of their age or ability.

At Stoke Mandeville Stadium, we offer two different lessons, below is a summary of what your child can expect in each.

Core Proficiency
8-12 years
 Develops core gymnastics skills through 8 attainment levels.

Jump into Gymnastics
4-7 years
 For children with no previous experience, your gymnastics pathway starts here and the focus is firmly on fun.



Disability Inclusion Programme (DIP)
 Helps stimulate imagination whilst developing essential movement skills.



Sign up today at reception to see what your little superheroes can achieve and right now, there's no joining fee!



FEELING SUPER! with
**GYMNASTICS
LESSONS**



There's plenty of sessions to book onto here at Stoke Mandeville Stadium.

Sign up at reception today!

MONDAY

Jump Into Gymnastics 4pm – 5pm, for 4 – 7 year olds
Core Proficiency 5pm – 6pm, for 8 – 12 year olds

TUESDAY

Jump Into Gymnastics 4pm – 5pm, for 4 – 7 year olds
Core Proficiency 5pm – 6pm, for 8 – 12 year olds

WEDNESDAY

Core Proficiency 4pm – 5pm, for 4 – 7 year olds
Jump Into Gymnastics 5pm – 6pm, for 8 – 12 year olds

THURSDAY

Jump Into Gymnastics 4pm – 5pm, for 4 – 7 year olds
Core Proficiency 5pm – 6pm, for 8 – 12 year olds

SATURDAY

Jump Into Gymnastics 9am – 10am, for 4 – 7 year olds
Jump Into Gymnastics 10am – 11am, for 4 – 7 year olds
Core Proficiency 11am – 12pm, for 8 – 12 year olds

