



Gymnastics Lessons

Your Learn to Move pathway starts here.



MORE
GYMNASTICS
ACADEMY.

LEARN TO MOVE



To sign up please call or pop into centre today.

Proud partner of

**British
Gymnastics**



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.

Summary of the lesson stages



Advanced Proficiency
Attainment levels - Bronze, Silver and Gold designed to build upon existing skills and enhance core fitness.

Core Proficiency
Develops core gymnastics skills through 8 attainment levels.

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

Fundamentals
Helps stimulate imagination whilst developing essential movement skills.

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



Why Gymnastics?

Gymnastics gets youngsters moving, laying the foundation for a healthy, active lifestyle.

At school, they learn essential mental skills like literacy and numeracy. But through gymnastics, they'll develop fundamental movement skills. So whatever activities they take up later in life, from dance to rugby, they'll be fitter, faster, stronger, more confident and co-ordinated. 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.

All sessions are inclusive.

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 will take 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!



Academy lesson stages in more detail

Fundamentals

Suitable for children who are aged 18 months – 3 years. Helps stimulate the imagination while building on the essential core skills: balance, co-ordination, strength, endurance and flexibility – all key building blocks for any sport as they grow up. Stages 1, 2 and 3 are available.

Jump into Gymnastics

Suitable for children aged 4-5 years of age with no previous experience. Combining elements from the most popular types of gymnastics, there's always a new move to discover, a new favourite skill to master and new friends to make. You'll recognise many of the moves; from balancing and rolling, to the use of popular gymnastics apparatus. And with the focus firmly on fun, your budding gymnast will want to keep coming back again and again.

Core Proficiency

Suitable for children who are over 5 years. The scheme assists in the progressive development of core skills such as balance, strength, flexibility and co-ordination, and incorporates compulsory pulse-raising activities. There are 10 types of activity and 8 levels of attainment.

Advanced Proficiency

Suitable for children who are over 8 years of age. Assists in the development of Core fitness (Strength, power, flexibility, co-ordination) and gymnastics skills for the coaching of more advanced skills for use in clubs, schools and our facilities. The scheme offers a range of activities including Fitness, Floor, Vault & Rebound, Apparatus, Pairs & Groups, Hand Held Apparatus, and Dance & Aerobics.

Disability Inclusion Programme (DIP)

All sessions are fully inclusive with the aim of enabling people with a disability to become involved with this exciting and accessible sport. Where there is need, specific disability sessions can be developed under our Disability Inclusion Programme.

The age range within the proficiency levels is there for guidance.

Where a child displays the ability to progress, we will support their development by progressing them at a rate that is appropriate to meet their needs.



First steps...

Decide on the stage you think your child should start at, and then talk to our reception team to see which sessions are available.

Pay by Direct Debit and spread the cost of your lessons over 12 months.

Provide us with your contact details so we can keep you informed of your child's progress.

If your child has a medical condition, please let reception know so this can be added to their details.

New to lessons?

Arrive in plenty of time so that your child can be changed and ready for the lesson, and make sure they've been to the toilet before the lesson.

Make sure your child is wearing appropriate clothing, to get started, just a t-shirt, shorts or leggings and a water bottle is advisable!

For safety reasons, any jewellery will need to be removed before the session.

Please do not interfere with your child's lesson by distracting or talking to them while they are in the session. Your instructor will update and record your child's progress.

You can buy the Achievement Awards as your child progresses – these are a great way of motivating them. These will be available from reception.



Want to get involved as a parent?

Have you ever considered becoming a Gymnastics or Children's Activity Instructor?

If you are motivated, enthusiastic and would like to work with children we'd like to hear from you.

Maybe you like the idea of volunteering, doing some paid work for a few hours, or even a full-time career in coaching?

If you're interested in getting involved in any way, contact leisure.gymnastics@serco.com for more information.