



Gymnastics Classes

For ages 5 to 16 years

Forward rolls, cartwheels, hand stands, hand springs, back flips.....
..... whatever your abilities, we've a gymnastics class for you.

Taking place in our first floor, air conditioned Gymnastics Hall, where parents are welcome to stay and watch (with a proper coffee!), the classes run each weekday evening, Monday to Friday commencing from 4pm plus Saturday mornings. We have classes for the complete beginner, through to those with varying amounts of previous experience and skill levels.

Our team of qualified gymnastics coaches have a wealth of experience and a real passion for the sport. They teach it with an infectious enthusiasm which really motivates the class. But it's not just their expertise that shines through; they are also friendly, caring, approachable and fun.

The programmes are structured, progressive and varied and are designed to stimulate the gymnast from the very beginner, to the more accomplished. Our teaching includes the four basic gymnastics elements: Floor - Beam - Bars - Vault and we have an extensive range of training apparatus enabling the gymnasts to be active at all times during the class. We want the gymnasts to be motivated and enjoy what they are doing, as well as developing their gymnastics skills.

We now have almost 300 gymnasts in 16 after school classes. If you would like to be part of this – please call us today

**Class sizes are limited so booking is essential
To book your taster session – please call 01482 880091**



Prices & Membership

Classes are held during term time only
Every evening - Monday to Friday from 4pm
Saturday mornings from 9:30am
Duration 1 hour

4 Week Taster

First 4 weeks Taster (Consecutive weeks) £5.20 per week
Payable weekly by cash or card

Monthly fees

After the initial 4 weeks, you must then enrol as a member.

Monthly Direct Debit	£27.40
One off registration fee	£10.00

Payment is by monthly Direct Debit payable on the 1st of each month and is due each month from September to June irrespective of whether or not you attend (this enables us to keep the costs and the class sizes to a minimum).

The monthly Direct Debits have been calculated to spread the cost for the year, including the £25 annual membership fee, evenly over 10 months and take into account the number school holidays.

Membership and payment can be cancelled at any time with 1 month's notice.

An initial payment is due following the completion of the 4 week taster and is a proportion of the monthly fee to take you up to the next Direct Debit date, plus a one off registration fee of £10. This is payable by cash or card.

Additional benefits of membership include:

- G Force Gymnastics T-shirt
- Back to Back fun – immediately before or after your G-Force Gymnastics class, enter Mega Fun for just £2 (normal price £5.50)
- 50p off normal entrance price to Mega Fun at any other time (Monday-Friday during term time only)
- Free party place for member booking any party at Mega Fun
- Christmas party with Christmas present (from Santa)

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