



GYMNASTICS

Your Olympic journey could start here!

Gymnastics will prepare your body and mind for a life of success, it improves: Confidence, coordination, flexibility, strength, social interaction and will help lay the foundations to a healthy lifestyle, these are just some of the benefits of gymnastics.

All our classes are delivered by our coaching team who are all fully trained British Gymnastics qualified coaches, from pre-school to competition level gymnastic we deliver classes that are exciting and interesting and that will test the gymnasts and help them reach their potential.

Gymnastics will help build the foundation for all the other sports.

Keeping children active and healthy is never easy, so bring them along and start their journey towards a healthy and happy life.

Gymnastic Recreational and Pre-School Classes Times & Days

Monday:

16:00-17:00 Pre-School
17:00-18:00 5-8yrs old
18:00-19:00 8-16 yrs Old

Wednesday:

16:00-17:00 Pre-School
17:00-18:00 5-8 yrs old
18:00-19:00 8-16 yrs old

Thursday:

17:00-18:00 5-8 yrs old
18:00-19:00 8-16 yrs Old

Sunday:

10:00-11:00 5-8 yrs old
11:00-12:00 8-16 yrs old

CITY OF SALFORD GYMNASTICS CLUB

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