



ONLY KS1

Presents... **GYMNASTICS** After School Clubs



8 Week Programme

LIMITED SPACES - BOOK EARLY TO SECURE YOUR CHILD'S PLACE!

Gymnastics is one of the most technical sports for both boys and girls focusing on balance, strength, flexibility, coordination and endurance.

Gymnastics is a form of exercise which uses all the major body parts, making it an excellent choice of exercise. The execution of all gymnastics movements requires patience and determination for perfection.

Our Best Ever After School Club Programme:

Our fantastic coaches will help you child improve their confidence in both gymnastics and other sports they play.

Your child will learn to control their body through the execution of different movements, whilst making sure each movement is performed to the best of their abilities.

- Week 1** Welcome to Gymnastics
- Week 2** Floor Work, Balance and Control
- Week 3** Jumping Jacks
- Week 4** Body Shapes
- Week 5** Working with Apparatus
- Week 6** Floor is Lava
- Week 7** Rolls Week
- Week 8** Rhythmic Gymnastics

To book:

Please click [HERE](#) or visit our website - www.superstarsportwl.com

Click 'Book Online Here' and then scroll down to Vaughan Primary School and then select the club you would like to book.

If you have any further questions, please give us a call on 01895 204 885.

MORE INFORMATION:

Every Friday afternoon
Starting Friday 26th January 2024

At Vaughan Primary School

£44 for 8 weeks

LIMITED SPACES!

3:25PM – 4:25PM



BOOK NOW



DBS (formerly CRB) CHECKED
Disclosure and Barring Service



Please click [here](#) to book online