**WEST HULL GYMNASTICS CLUB CLASSES**

The venue for all classes is The Tigers’ Trust Arena, West Park, Walton Street, Hull, HU3 6GA

**~~Pre-school Gymnastics:~~** ~~for toddlers up to school age including those with disabilities. Have fun whilst learning simple gymnastics skills, social skills and first number and language skills. Themed classes include action songs to music, games, puzzles and lots of apparatus to climb, roll, swing and jump on!~~

(Not running currently)

**General Gymnastics**: for ages 5 – 11 years. An all-round introduction to gymnastics shapes and skills for boys and girls. Gives a great base in agility, balance and co-ordination enabling children to develop gymnastics skills with confidence. Children will work through our award scheme on each piece of apparatus, including appropriate strengthening and flexibility exercises.

**My Club:** for teenagers 12 years and upwards. Open to beginners or moving on gymnasts. Choose the skills that you want to work on, meet friends and have the opportunity to move into learning to coach or judge gymnastics if you wish.

**Artistic Gymnastics: (Invitation only)** Children from the General classes who show potential are invited for further training and the opportunity to represent the Club in competition.

**FreeG (Freestyle Gymnastics):** for 8 years upwards. Learn the skills used in Parkour in a safe, padded environment with correct technique. Appropriate strength and flexibility work is included.

**Adult Gymnastics:** for anyone over the age of 16 years – complete beginners to ex-gymnasts - wanting to get or keep in shape, learn skills that you wish to master and have a laugh! Mixed class for gymnastics and/or parkour skills.

**CONTACT DETAILS**

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Hull Parkour and Freestyle Gymnastics

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