

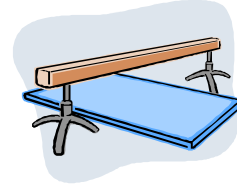
What's on offer?

The Club has some fantastic pieces of apparatus.

** 12 metre floor area ** Trampoline **

** Trampettes ** Inflatable air track **

** Beam ** Boxes ** Bars **



What will I do?

- We will work with you to achieve your personal goal which, we will help you set on day one.
- You will rotate around all our pieces of apparatus.
- We will introduce you to Acrobatics Gymnastics.
- We will work towards a display which your family come and watch on our last day.
- You will spend some fun time each about gymnastics, the body and healthy eating.



What is Acrobatic Gymnastics?

Acrobatic Gymnastics is a beautiful and dynamic sport for both boys and girls, involving balancing and flight assisted moves. Acrobats require courage, strength and stamina but also grace, flexibility and synchronisation.

The combined poise and power create a spectacular sport for both the performer and spectator.

Tumbling is an explosive, dynamic and fast moving aspect of sports acrobatics, incorporating power, agility, courage and aerial awareness.

