



DISABILITY
GYMNASTICS

University of
Cumbria 



REACH YOUR FULL POTENTIAL

WITH **DISABILITY GYMNASTICS**
AT CITY OF LANCASTER

For more information
Contact University of Cumbria Sports
Complex on **01524 590841** or by email to
[lancastringymnastics.trampolining@
cumbria.ac.uk](mailto:lancastringymnastics.trampolining@cumbria.ac.uk)



City of
Lancaster
Gymnastics club

DISABILITY GYMNASTICS

The City of Lancaster is an all inclusive club. As part of the British Gymnastics 'I'm In' initiative, we aim to encourage people with disability and learning difficulties to participate in sport, by providing a fun, safe and stimulating environment.

We do our very best to cater to the needs of the participant and work alongside parents and carers to enable us to make targets and to monitor progress.

Participant to Coach ratios are adjusted to take account of any special needs children, ensuring that all participants within the session, get the most out of it.

Depending on the individual it may be necessary for a parent or carer to be present at all times to assist the coach. The child may need a doctors certificate to confirm they can participate in activities, depending on their disability.

**British
Gymnastics**
More than a sport

GYMNASTICS IS AN INCLUSIVE SPORT.

That means our coaches adapt every activity around physical, sensory and learning requirements.

Mainstream gymnastics sessions can be adapted to include people with a physical or learning disability, sensory impairments or health conditions. But if you'd prefer to start with dedicated classes, this session is for you.

A **NEW!** session for children of all ages and disabilities, takes place on a **Saturday** within our specialist gymnastics area at the **University of Cumbria Sports Complex**. Each session is run by our friendly team of coaches for **60 minutes**.

TIMETABLE

Saturday

9.30am-10.30am • Disability

PRICES & BOOKING

Sessions cost **£6** per session, payable in short term blocks (5-8 weeks).

For more information contact University of Cumbria Sports Complex on **01524 590841** or email **lancastergymnastics.trampolining@cumbria.ac.uk**

Bowerham Road, Lancaster LA1 3JD
www.lancastergymnastics.co.uk