

★ **NEW!**
SESSIONS ACROSS
TWO VENUES ★
FOR 2017/18



City of
Lancaster
 Gymnastics club

INSPIRE ACHIEVE ENJOY

WITH RECREATIONAL AND COMPETITIVE GYMNASTICS AT CITY OF LANCASTER

Based on the notion that gymnastics is a sport for everybody; Recreational Gymnastics offers a variety of activities, programmes, events and competitions suitable for all genders, age groups and abilities.

Gymnastics is a great activity for developing agility and movement skills in children. It's rewarding, fabulous fun and a great sport in its own right! General disciplines of gymnastics are practised and perfected using the floor beam, bars, vault and acrobatics.

At the heart of the University of Cumbria Sports Complex and at the **NEW** City of Lancaster Gymnastics Centre, we offer a vibrant programme of enjoyable gymnastics sessions which contribute to children's personal health, fitness, confidence and wellbeing.

FIND OUT MORE

Recreational Gymnastics

University of Cumbria Sports Complex, LA1 3JD
lancastergymnastics.trampolining@cumbria.ac.uk
 01524 590841

Competitive Gymnastics

Marie Gardner
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 07807009410

www.lancastergymnastics.co.uk



SEE OVERLEAF
 FOR INFORMATION
 & TIMETABLE

British
 Gymnastics
 More than a sport

RECREATIONAL GYMNASTICS



RECREATIONAL SESSIONS & AGE RANGES

| | |
|-----------------|--------------------------------------|
| Lions | 4-5 year olds (School age beginners) |
| Pumas | 4-11 year olds |
| Tigers | 5-7 year olds (Beginners) |
| Leopards | 7-11 year olds (Beginners) |
| Wildcats | High school age |
| Panthers | All ages / Intermediate group |
| Jaguars | All ages / Advanced group |

Sessions are led by qualified coaches and last 50 minutes. Gymnasts progress from Lions to Jaguar groups. **All sessions are held at the University of Cumbria Sports Complex.**

RECREATIONAL TIMETABLE Effective from Sep 2017

| Day | Time | Level |
|-----------------|---------------|--------------|
| Monday | 5.30pm-6.20pm | ● Leopards |
| | 6.30pm-7.20pm | ● Panthers |
| | 7.30pm-8.20pm | ● Wildcats 1 |
| Tuesday | 4.30pm-5.20pm | ● Tigers |
| | 5.30pm-6.20pm | ● Leopards |
| | 7.30pm-8.20pm | ● Wildcats 2 |
| Thursday | 4.30pm-5.20pm | ● Lions |
| | 5.30pm-6.20pm | ● Tigers |
| | 6.30pm-7.20pm | ● Leopards |
| Friday | 4.30pm-6pm | ● Pumas |
| Saturday | 9.10am-10am | ● Lions |
| | 10.10am-11am | ● Tigers 1 |
| | 11.10am-12pm | ● Tigers 2 |
| | 12.10pm-1pm | ● Tigers 3 |
| | 1.10pm-2pm | ● Leopards 1 |
| | 2.10pm-3pm | ● Leopards 2 |
| | 3.10pm-4pm | ● Panthers |
| 4pm-5.30pm | ● Jaguars | |

RECREATIONAL PRICES & BOOKING

Sessions (Lions, Tigers, Leopards and Panthers) cost **£4.75** per session and (Pumas, Jaguars) **£7** per session. All sessions are payable in short term blocks (5-8 weeks). Advanced payment is required each term.

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

COMPETITIVE GYMNASTICS

Competitive gymnastic sessions take place across two venues, **please take care to ensure you are aware of where the session is being held** (as indicated on the timetable below):

VENUES

| | |
|------------|--------------------------------------|
| COL | City of Lancaster Gymnastics Centre |
| UOC | University of Cumbria Sports Complex |

COMPETITIVE TIMETABLE

| Monday | | |
|----------------|-------------------------|-----|
| 4pm-6pm | ★ Emerald | COL |
| 6pm-7pm | ★ Dance Group 2 | COL |
| 7pm-8pm | ★ Dance Group 3 | COL |
| 8pm-9pm | ★ Adult Dance Active8 | COL |
| 4pm-5.30pm | ★ Amber | UOC |
| 5.30pm-7.30pm | ★ Crystal | UOC |
| Tuesday | | |
| 4pm-7pm | ★ Diamond | COL |
| 6.30pm-8.30pm | ★ Topaz | COL |
| 4pm-6pm | ★ Amethyst | UOC |
| 5.30pm-7.30pm | ★ Opal ACRO / FESTIVALS | UOC |
| Wednesday | | |
| 4pm-5.30pm | ★ Talent Dev. TOPS | COL |
| 5.30pm-8.30pm | ★ Diamond | COL |
| 4pm-5pm | ★ Talent Dev. BASES | UOC |
| 5.30pm-8.30pm | ★ Emerald | UOC |
| Thursday | | |
| 4pm-6pm | ★ Amethyst | COL |
| 5.30pm-8.30pm | ★ Topaz | COL |
| 4pm-6pm | ★ Opal FLOOR / VAULT | UOC |
| 6pm-8pm | ★ Ruby | UOC |
| Friday | | |
| 4pm-6pm | ★ Amethyst | COL |
| 5.30pm-8.30pm | ★ Diamond | COL |
| Saturday | | |
| 2pm-3.30pm | ★ Amber | COL |
| 3.30pm-5.30pm | ★ Crystal | COL |
| 10am-1pm | ★ Ruby | UOC |
| 1pm-2pm | ★ Tumbling BEGINNERS | UOC |
| 2pm-3pm | ★ Tumbling BEGINNERS | UOC |
| 3pm-4pm | ★ Tumbling INTERMEDIATE | UOC |
| 4pm-5pm | ★ Tumbling ADVANCED | UOC |
| Sunday | | |
| 9am-1pm | ★ Diamond | COL |
| 12.30pm-2.30pm | ★ Amethyst | COL |
| 2.30pm-4.30pm | ★ Emerald | COL |
| 2.30pm-3.30pm | ★ Dance Group 1 | COL |
| 10am-1pm | ★ Topaz | UOC |
| 1.30pm-2.30pm | ★ Elite Tumbling 1 | UOC |
| 1.30pm-2.30pm | ★ Elite Tumbling 2 | UOC |