



# ADULT GYMNASTICS



**STRUCTURED SESSIONS For Age 16+**  
**STARTING TUESDAY 24<sup>TH</sup> FEB – 7.45-8.45PM**  
**REGISTRATION FROM 7.30PM - 1<sup>ST</sup> TASTER SESSION - £6.00**

Pre-Register your attendance in advance and for further info by emailing before Fri 20<sup>th</sup> Feb! Following the trial SGA will be offering the sessions on a Tuesday 7.30-8.30pm in pre bookable blocks. All members (age 17+) who pre book the structured sessions are also eligible to attend the additional Adult Open sessions on Thursdays 7-8.15pm at a reduced rate of £4.00 normal price £6.00 (pay weekly). After the initial trial all participants must register as a member of British Gymnastics @ £17.00 (Annually Oct 14-Sept 15)

"It might be your first handstand, your first vault or just the first time you've been on a trampoline in years. Whatever challenge you set yourself, there's nothing better than knowing you can do it. If you're over 16, adult gymnastics provides a new opportunity to try out an amazing sport. You can test yourself in a range of different activities. And by building your strength, flexibility and control, you'll see your performance improve in other sports too. Whether you're looking to take your first steps in gymnastics or get back into the sport, adult gymnastics provides a fantastic and fun challenge.

There's a big social element, which makes the sessions a lot of fun. As you're starting out, you'll learn the basic moves, and how to perform them on apparatus such as the floor, bars, trampoline and vault. You'll also learn about your body, your muscles and the way you move, its great for fun and fitness too. As your strength and flexibility increase, you can challenge, motivate and support others to try increasingly impressive moves and once your confidence builds you can even step it up by attending the open session to practice any specific areas you want to focus on. This class is open for everyone from the complete beginner to the more advanced adult gymnast and there are no age restrictions as long as you are over 16.

SGA provides a safe, friendly environment with professional coaches to help you learn. Adult gymnastics can be adapted to be inclusive for everyone, regardless of your age or ability. So, are you motivated and ready to become an adult gymnast at SGA?



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