



GYMNASTICS

Advanced

Previous Knowledge

Beginner and Improver courses should have been completed.

Course Duration

11 sessions x 1.5 hour

What is the aim

To improve on basic gymnastic skills and develop advanced skills and sequences.

What will I learn

Work towards BAGA badge schemes and have the opportunity to take part in annual friendly competitions.

How will course be taught

Demonstration/practical

What to bring

Wear comfortable clothing that you can move easily in and a drink.

Any other Costs for Course

Badges

Where can I progress

Invitation by coach for trial to squad.

Qualification awarded

BAGA badge schemes.