



GYMNASTICS

IMPROVERS

Previous Knowledge

Basic gymnastics knowledge and gymnasts must be aged 6+.

Course Duration

10 sessions x 1 hours

What is the aim

To understand basic gymnastics skills, and to improve skills learned at beginners level.

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

Advanced classes.

Qualification awarded

BAGA badge schemes.