

Gymnastics Lessons Timetable

Our Gymnastics Programme is for ages 4-11 and covers the Explore phase of the British Gymnastics programme. Set out in 3 Levels it covers Explore 1, Explore 2 and Explore 3

Explore is aimed at school aged recreational gymnasts, who have either progressed through Discover, or are participating in the sport for the first time. Explore encourages confidence through participation in a variety of exciting activities and provides gymnasts with the opportunity to explore a range of skills.



To book please speak to reception

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
09:00-09:45						EX2	
09:45-10:30						EX1	
10:30-11:15						EX1	
15:45-16:30	EX1		EX1	EX3			
16:30-17:15	EX2		EX2	EX1			
17:15-18:00	EX1			EX2			

EX1= Explore 1 - EX2= Explore 2 - EX3= Explore 3

Class Information

Class sizes will be a maximum of 24 with 3 instructors and parents can watch from the balcony areas

Please make sure that you child comes with bare feet, hair tied up and a water bottle. No fizzy or sports drinks.



For the latest info visit...
www.eastbourneleisure.co.uk

SOVEREIGN
 centre