

[choose  
gymnastics]

New **Rise** GYMNASTICS  
explore  
programme



British  
Gymnastics

# New GYMNASTICS PROGRAMME

available to book at Dearne Valley Leisure Centre

**BOOK YOUR  
PLACE NOW**



Doncaster Rd, Denaby Main, Mexborough S64 0LB



## LESSONS WILL FOLLOW BRITISH GYMNASTICS RISE PROGRAMME, EXPLORE

Explore offers fun, diverse, and engaging activities helping to build key foundation skills in young children. These lessons work on moves such as rolls, balances and going upside down, developing physical skills progressively throughout the programme, allowing gymnasts to move forward at their own pace and ability.

### CLASS DETAILS

When: Fridays between 4pm – 8pm  
& Saturdays 9am – 1pm

We are currently delivering the Explore programme aimed at 5-11 years.

### CHOOSE GYMNASTICS MEMBERSHIP

Cost: £25.50 per month via direct debit  
(50 weeks a year)

Lessons: An hour class per week

Rewards: Gymnasts can achieve medals and certificates

### TRACK YOUR CHILDS PROGRESS

You will be able to track the progress of your child through a parent portal to see the progress during every level. Each strand has four levels through which the gymnast can progress, with each award achieved by completing 8 of the 12 skills.

Core Skills			
Level 1	Level 2	Level 3	Level 4
Working Together			
Level 1	Level 2	Level 3	Level 4
Apparatus			
Level 1	Level 2	Level 3	Level 4