 **School Of Gymnastics Satellite club of Richmondshire Gymnastics Club** UNIT 6 EURO PARK STATION ROAD THIRSK YO7 1GQ Email thirskgymnatics@gmail.com

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| **Day** | **Class Name** | **Time** | **Class Descriptions** |
| **Monday** | Tumbling Tornadoes  **Little gems**  **Dazzling Diamonds**  Invite only | **4.30 – 5.15**  **5.15 – 6.15**  **5.15 – 6.15**  **6.15 – 7.15** | **Jumping Crickets 4yrs + under**  **Sessions with parent / Carer, enjoy fun warm ups to music and free flow apparatus stations to help your child explore the world of gymnastics £4.50 per session**.  **Tumbling Tornadoes 4yrs +**  **This safe and structured environment will help gymnasts develop skills in the wonderful world of gymnastics £18.00 per month** |
| **Tuesday** | Sparkles  **Little Gems**  **Hurricanes**  **Flames Freestyle**  **Flames Tumbling**  **Adults only** | **4.30 – 5.15**  **5.30 – 6.30**  **5.30 – 6.30**  **6.30 – 7.30**  **6.30 - 7.30**  **7.30 – 8.30** | **Little Gems 6 yrs.+**  **Structured sessions for the gymnast to improve skills on apparatus whist working towards British Gymnastic Awards. £23.00 per month**  Hurricanes 8 yrs. +  Gymnasts work towards British Gymnastic Awards and refine their skills on floor and apparatus. Gymnasts may also participate in displays and competitions £23.00 per month |
| **Wednesday** | **Jumping Crickets**  **Jumping Crickets**  **Tumbling Tornadoes**  **Little Gems**  **Hurricanes**  **Dazzling Diamonds** | **9.30 – 9,45**  **10.0- 10,45**  **4.15- 5.00**  **5.00 – 6.00**  **6.00 -7.00**  **6.00 – 7.00** | **Dazzling Diamonds**  **Gymnasts work towards British Gymnastic awards bronze silver and gold level also working towards regional competitions and displays.**  **Work towards British Gymnastics leadership qualification and also have the opportunity to become a future coach. £23.00 per month** |
| **Thursday** | **Jumping Crickets**  **Jumping Crickets**  **Tumbling Tornadoes**  **Little Gems**  **Invite only** | **1.00 – 1.45**  **2.00 – 2,45**  **4.15 – 5.0**  **5.00 – 6.00**  **6.00-7.00** | **Flames Tumbling**  **Gymnasts learn to link gymnastic floor skills together creating a variety of tumble learning stunts and tricks. £23,00 per month**  **Flames Free style**  **Using British Gymnastics My Club framework gymnasts will have the option to choose what they would like to learn -Free G -Freestyle gymnastics. £23.00 per month** |
| **Friday** | **Staff Training Day** |  | **Sparkles 5yrs – 11 yrs. I’m In – Disabilities Gymnastics For All**  **Gymnastics for all covers a wide range of activities. There is something for everyone, weather it rolling, bouncing on trampette , swinging on bars, rhythmic with ribbons or learning stunts and tricks in free style** |
| **Saturday** | **Tumbling Tornadoes**  **Little Gems**  **Boys only**  **Hurricane**  **Dazzling Diamonds**  **Invite only**  **Birthday Parties** | **9.00 – 9.45**  **10.00- 11.00**  **11.00 12.00**  **12.30 – 1.30**  **12.30 – 1.30**  **1.30 – 2.30**  **3.0 – 4.00** | **Birthday parties**  **Available for 4 yrs +**  **Fun team games including gymnastic movements, free flow on equipment in a disco party atmosphere. Food is not included in the package. for further details, contact 01845 522820 to discuss any requirement’s 15children £60.00 per hour** |