

PORTSMOUTH GYMNASTICS CENTRE

GYMINIS

A fun gymnastics session for children aged 4-7 years. These 1 hour sessions are aimed at recreational fun gymnastics and earn British Gymnastics badges.

Every weekday 4-5pm & 4.45-5.45pmt

Saturdays 12-1pm & 1-2pm

GYMIDIS (RECREATIONAL GYMNASTICS)

For children aged 7-15 years, no experience necessary.

Gymnasts use our Olympic apparatus and learn a variety of skills. Gymnasts work on achieving British Gymnastics Badges and PGC individual apparatus medals.

Monday 6-7pm

Tuesday 5.30-6.30pm & 6.30-7.30pm

Wednesday 5.30-6.30pm

Thursday 5.30-6.30pm & 6.30-7.30pm

Friday 5.30-6.30pm & 6.30-7.30pm

All classes are payable by Direct Debit and cost £23.50 per month, unfortunately all sessions have long waiting lists, please email to be added to the waiting list.

**Portsmouth Gymnastics & Tennis Centre, Alex Way,
Portsmouth, PO2 9AD**

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