



with

GYMNASTICS LESSONS



The More Gymnastics Academy provides a high standard of instruction to ensure we get the best from your child and support them to achieve their potential regardless of their age or ability.

Summary of the lesson stages



Advanced Proficiency

Attainment levels - Bronze, Silver and Gold designed to build upon existing skills and enhance core fitness.

Core Proficiency

Develops core gymnastics skills through 8 attainment levels.

Jump into Gymnastics

For children with no previous experience your gymnastics pathway starts here and the focus is firmly on fun.

Fundamentals

Helps stimulate imagination whilst developing essential movement skills.

Disability Inclusion Programme (DIP)

Helps stimulate imagination whilst developing essential movement skills.

