



Guernsey
Gymnastics
Centre

GUERNSEY GYMNASTICS CENTRE LIMITED – OUR CLASSES

PARENT AND TODDLER SESSIONS – from walking up to reception school year

Come along and try our parent and toddler sessions run by our qualified coaches. £5 for a drop-in session, £2.50 for a sibling and £25 for a monthly membership (£30 including a sibling)

Monthly membership gives you access to all classes throughout the week

Monday	9:15AM - 10:00AM
Tuesday	9:15AM - 10:00PM
Friday	9:15AM - 10:00PM

INDEPENDENT PRE-SCHOOL CLASSES – (approx. 2.5years – school age)

Pre school classes are suitable for children from approximately 2.5 years to school age providing they are able to follow instruction from the coaches. Entry to pre-school classes is at the coaches' discretion. Parents are not required to participate in the class but must remain in the building and are welcome to watch from the balcony outside the café. Pre-school fees vary termly depending on the number of weeks in the term but work out at £10.50 per hourly session. British Gymnastics registration is required to attend.

Monday 10:15AM - 11:15AM
Monday 11:30AM - 12:30PM
Tuesday 10:15AM - 11:15AM
Tuesday 11:30AM - 12:30PM
Wednesday 1:30pm - 2:30PM
Thursday 1:30pm - 2:30PM
Friday 10.15am – 11.15am
Friday 11.30am – 12.30pm
Saturday 9:00AM - 10:00AM
Saturday 10:00AM - 11:00AM
Saturday 11:00AM - 12:00AM

RECREATIONAL CLASSES – (reception school years to 16years)

Our recreational classes are open to all children attending school and no previous experience is necessary. Classes are generally grouped in age with younger children attending the earlier classes rather than ability. Recreation fees vary termly depending on the number of weeks in a term but work out at £10.50 per hourly session. British Gymnastics registration is required to attend.

Monday	4PM – 5PM (4-6 years)
Monday	5PM – 6PM (7-9 years)
Monday	6PM – 7PM (9 years+)
Tuesday	4PM – 5PM (4-6 years)
Tuesday	5PM – 6PM (7-9 years)
Tuesday	6PM – 7PM (9 years+)
Wednesday	4PM – 5PM (4-6 years)
Wednesday	5PM – 6PM (7-9 years)
Wednesday	6PM – 7PM (9 years+)
Thursday	4PM – 5PM (4-6 years)
Thursday	5PM – 6PM (7-9 years)
Thursday	6PM – 7PM (9 years+)
Friday	4PM – 5PM (4-6 years)
Friday	5PM – 6PM (7 years+)
Saturday	9AM – 10AM (4-6 years)
Saturday	10AM – 11AM (7-9 years)
Saturday	11AM – 12AM (9 years+)
Saturday	1PM – 2PM (Girls only 11+)

TUMBLING RECREATIONAL CLASSES – (6+ years)

Our tumbling recreational classes are open to all children from 6+ years and no previous experience is necessary. Classes are grouped in age with younger children attending the earlier classes rather than ability. Recreation fees vary termly depending on the number of weeks in a term but work out at £10.50 per hourly session. British Gymnastics registration is required to attend.

Friday	4PM – 5PM (6-8 years)
Friday	5PM – 6PM (8 years+)
Saturday	1PM – 2PM (6-8 years)
Saturday	2PM – 3PM (8-10 years)
Saturday	3PM – 4PM (10 years+)
Sunday	2PM – 3PM (6-8 years)
Sunday	3PM – 4PM (6-8 years)
Sunday	4PM – 5PM (8 years+)

RECREATIONAL ADULT CLASSES – (16yrs+)

Our adult recreational class is open to anyone over 16 and no previous experience is necessary. Drop in fees are £10 for the hourly session.

Friday 6PM – 7PM