TWIST & FLIP GYMNASTICS

LEARN ★ MOVE ★ BELIEVE

AFTER-SCHOOL GYMNASTICS CLUB

AT GRIMOLDBY PRIMARY SCHOOL



Roll Jump Balance Have Fun!

A FUN AND ACTIVE END TO THE SCHOOL DAY!

- BUILDS CONFIDENCE
- DEVELOPS STRENGTH
- IMPROVES COORDINATION
- INCREASES FLEXIBILITY
- MAKES NEW FRIENDS
- AND MOST OF ALL... IT'S FUN!

CLUB DETAILS

- Day: Thursdays
- Time: **3:15pm – 4:15pm**
- Dates: 4th November – 9th December 2026
- Where: Grimoldby Primary School Hall
- Collection: 4:15pm from the main school reception

WHAT WILL WE DO?

Children will have the opportunity to learn and develop skills including:

- Rolls & floor skills
- Handstands
- Cartwheels
- Jumps & balances
- Strength & flexibility
- Fun gymnastics challenges and activities

NO PREVIOUS EXPERIENCE NEEDED!

Our sessions are suitable for all abilities – just come along and have fun!

IMPORTANT INFORMATION

- P.E. kit must be worn (no skirts or trousers).
- Sessions take place in the school hall.
- Children must be collected promptly at 4:15pm.
- There are 20 places, allocated first-come, first-served.
- Places can be booked via the QR code.

ONLY 20 PLACES AVAILABLE!

SCAN TO BOOK YOUR CHILD'S PLACE

We can't wait to see you there!

Nicky Nicol
Director / Executive Head Coach
Twist & Flip Gymnastics

STRONGER KIDS ★ HAPPIER MINDS ★ BRIGHTER FUTURES