

## 12 week course fees

**Tumbler and Tiny Bouncers**  
45 minutes  
£66 (non member £78)

**Gymnastics and Trampoline**  
55 minutes  
£90 (non member £96)

**Pre-Academy**  
2 hours  
£180 (non member £192)

## Direct Debit payments

**Tumbler and Tiny Bouncers**  
45 minutes  
£22.92 (non member £27.08)

**Gymnastics and Trampoline**  
55 minutes  
£31.25 (non member £33.33)

**Pre-Academy**  
2 hours  
£62.50 (non member £66.66)

**Academy (invitation only)**  
Sessions vary from 2 to 7.5 hours  
Direct Debit only, prices vary  
depending on length of session

## For further information

If you're unsure of your child's ability, just contact our courses team to discuss.

Free recreational swimming for all children booked on to our courses at either of our centres when accompanied by a paying adult during the current course dates

## Please contact:

**Queen's Park Sports Centre**  
Boythorpe Road, Chesterfield  
S40 2ND  
Tel: 01246 345555

**The Healthy Living Centre**  
Barlow Road, Staveley S43 3XR  
Tel: 01246 345666

**Email:** Courses-enquiries@chesterfield.gov.uk

For further information about all our course please visit our website at:

[www.chesterfield.gov.uk/gymnastics](http://www.chesterfield.gov.uk/gymnastics)

# Queen's Park Sports Centre

## Dryside Courses

Gymnastics and Trampoline

April 2024



Day	Time	Class	Teacher
Monday	9:00am	Little Tumblers 2-3 years	Chloe D
	9:00am	Little Tumblers 2-3 years	Chloe G
	9:45am	Little Tumblers 3+	Chloe D
	9:45am	Little Tumblers 3+	Chloe G
	10:30am	Little Tumblers 3+	Chloe D
	10:30am	Little Tumblers 3+	Chloe G
	11:30am	Tiny Tumblers U3	Chloe G

Day	Time	Class	Teacher
Tuesday	4:00pm	Beginners Gymnastics 4-5 years	Holly
	4:00pm	Intermediate Gymnastics	Kieran
	4:00pm	Beginners Gymnastics 5-7 years	Chloe G
	5:00pm	Beginners Gymnastics 8+	Holly
	5:00pm	Intermediate Gymnastics	Kieran
	5:00pm	Intermediate Gymnastics	Chloe G
	5:00pm	Beginners Gymnastics 4-5 years	Chloe D
	6:00pm	Intermediate Gymnastics	Chloe G
	6:00pm	Academy Gymnastics	Kieran
	6:00pm	Academy Gymnastics	Chloe D
	6:00pm	Beginners Gymnastics 8+	Holly
	7:00pm	Advance Gymnastics	Chloe G
	7:00pm	Intermediate Gymnastics	Holly

## Class Descriptions

### Trampolining

Trampolining is an exhilarating sports and lots of fun. Our classes take children from the age of five. It is a great cardiovascular exercise that offers many physical and health benefits; fitness, coordination, strength development and flexibility.

### Gymnastics

Our children's courses for aged 5 to 13 years old. Children will learn skills on the floor, beam, vault and other apparatus. Our fully-qualified British Gymnastics coaches will guide your child through each stage, completing the development of core skills.

### Academy

Promising young gymnasts may be invited to join our gymnastics academy and enter British Gymnastics competitions. They will be encouraged to take part in both team and individual competition events throughout the East Midlands. The academy does require full commitment from the child and support from parents as inclusion will require travelling to competitions at weekends.

We work to our own inhouse gymnastics awards scheme, designed by our own coaching team especially for those on our courses. These have been made to help give children the best start and to get them on the pathway to our competitive squad.

## Class Descriptions

### **Tiny Tumblers: for crawlers to 3 years**

Tiny Tumblers is a parent participation session that encourages social and motor skills, co-ordination, strength, flexibility and physical skills such as movement, balance and control, using some gymnastics to help physical development.

### **Little Tumblers: for ages 2 to 5 years**

Little Tumblers gymnastics is an active way to learn. Classes include games, gentle stretching and use of gym equipment to improve co-ordination, strength and flexibility, along with important physical skills like movement, balance and control.

### **Little Bouncers: for ages 3 to 5 years**

Tiny Bouncers encourages social and motor skills, co-ordination, strength, flexibility and physical skills such as movement, balance and control through trampolining.

During all pre-school courses coaches are present to guide the session and ensure the safety of the session while children are supervised by a parent or carer.

Day	Time	Class	Teacher
Wednesday	4:00pm	Beginners Gymnastics 5-7 years	Lorraine
	4:00pm	Beginners Gymnastics 8+	Leah
	4:00pm	Beginners Gymnastics 5+	Kieran
	4:00pm	Beginners Gymnastics 8+	Chloe D
	4:00pm	Trampolining 8+	Ethan
	5:00pm	Intermediate Gymnastics	Lorraine
	5:00pm	Beginners Gymnastics 5-7 years	Leah
	5:00pm	Beginners Gymnastics 8+	Kieran
	5:00pm	Intermediate Gymnastics	Chloe D
	6:00pm	Beginners Gymnastics 5-7 years	Lorraine
	6:00pm	Intermediate Gymnastics	Leah
	6:00pm	Beginners Gymnastics 8+	Kieran
	6:00pm	Intermediate Gymnastics	Chloe D
	6:00pm	Pre Academy Trampolining	Ethan
	7:00pm	Advance Gymnastics	Chloe D

Day	Time	Class	Teacher
Thursday	9:00am	Little Tumblers 2+	Kieran
	9:45am	Little Tumblers 3+	Kieran
	10:30am	Little Tumblers 3+	Kieran
	11:30am	Tiny Tumblers U3	Kieran
	4:00pm	Beginners Gymnastics 5+	Lily
	4:00pm	Beginners Gymnastics 4-5 years	Kieran
	4:00pm	Beginners Gymnastics 4-5 years	Chloe G
	4:30pm	Beginners Gymnastics 5-7 years	Chloe D
	4:30pm	Beginners Gymnastics 5+	Leah
	4:30pm	Beginners Gymnastics 4-5 years	Lorraine
	5:00pm	Beginners Gymnastics 8+	Lily
	5:00pm	Beginners Gymnastics Boys	Kieran
	4:00pm	Beginners Gymnastics 5-7 years	Chloe G
	5:30pm	Intermediate Gymnastics	Lorraine
	5:30pm	Intermediate Gymnastics	Chloe D
	5:30pm	Beginners Gymnastics 5-7 years	Leah
	6:00pm	Intermediate Gymnastics Boys	Kieran
	6:00pm	Beginners Gymnastics 8+	Lily
	6:00pm	Beginners Gymnastics 5-7 years	Chloe G
	6:30pm	Intermediate Gymnastics	Lorraine
	6:30pm	Beginners Gymnastics 8+	Chloe D
	6:30pm	Beginners Gymnastics 8+	Leah

Day	Time	Class	Teacher
Saturday	9:00am	Academy Gymnastics	Chloe G
	9:00am	Academy Gymnastics	Kieran
	9:00am	Beginners Gymnastics 5+	Chloe G
	9:00am	Beginners Gymnastics 5-7 years	Cole
	9:00am	Tiny Bouncers	Sophie
	10:00am	Beginners Gymnastics 4-5 years	Chloe G
	10:00am	Beginners Gymnastics 5-7 years	Cole
	10:00am	Trampoline 5+	Sophie
	11:00am	Beginners Gymnastics 5-7 years	Chloe G
	11:00am	Beginners Gymnastics 5-7 years	Kieran
	11:00am	Beginners Gymnastics 8+	Cole
	11:00am	Trampoline 5+	Sophie
	12:30pm	Intermediate Gymnastics	Chloe G
	12:30pm	Intermediate Gymnastics	Cole
	12:30pm	Beginners Gymnastics 8+	Kieran
	12:30pm	Beginners Gymnastics 8+	Bridie
	12:30pm	Trampoline 5+	Sophie
	1:30pm	Beginners Gymnastics 8+	Chloe G
	1:30pm	Intermediate Gymnastics	Cole
	1:30pm	Pre Academy Gymnastics	Kieran
	1:30pm	Trampoline 5+	Sophie
	2:30pm	Beginners Gymnastics 5-7 years	Cole
	2:30pm	Advance Gymnastics	Chloe G
	2:30pm	Trampoline 5+	Sophie
	3:30pm	Pre Academy Gymnastics	Cole
	3:30pm	Pre Academy Gymnastics	Kieran
	3:30pm	Pre Academy Gymnastics	Chloe G
	3:30pm	Trampoline 5+	Sophie