12 week course fees

Gymnastics
55 minutes
£90 (non member **£108**)

Academy - Squad 2
2 hours
£180 (non member **£216**)

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

Direct Debit payments

Gymnastics
55 minutes
£31.25 (non member **£37.50**)

Academy - Squad 2
2 hours
£62.50 (non member **£75**)

Academy - Squad 1
4.5 hours
Direct Debit only
£103 (non member **£131.25**)

Please contact:

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

Email: courses-enquiries@chesterfield.gov.uk

For further information about all our courses please visit our website at:
www.chesterfield.gov.uk/gymnastics

Queen's Park Sports Centre

Gymnastics



CHESTERFIELD
BOROUGH COUNCIL

Tuesday

Beginners Gymnastics
4 to 5 years
4:00pm Holly
5:00pm Chloe M

Beginners Gymnastics
5 to 7 years
4:00pm Chloe G

Beginners Gymnastics
Ages 8+
5:00pm Holly
6:00pm Holly

Intermediate Gymnastics
4:00pm Kieran
5:00pm Kieran
5:00pm Chloe G
7:00pm Holly

Academy
Squad 1
6:00pm Kieran

Academy
Squad 2
6:00pm Chloe G
6:00pm Chloe M

Class Descriptions

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.

Adult Gymnastics: Wednesday 7pm

Adult gymnastics is open to all abilities for those aged over 14 years old, whether you have done this before and want to improve your skills or if you are looking for a new and alternative exercise to try for the first time.

No experience is needed to enjoy the classes, which can help to increase strength and posture as well as the added bonus of a full body workout.

Adult classes can be paid for week to week - no commitment is needed but please book ahead to secure your place.

Our trained coach will be available throughout both sessions for tips and advice.

Wednesday

Beginners Gymnastics
5 to 7 years
4:00pm Alex
4:00pm Kieran
5:00pm Natalya
6:00pm Natalya

Beginners Gymnastics
Ages 8+
4:00pm Natalya
4:00pm Chloe M
5:00pm Kieran
6:00pm Kieran

Intermediate Gymnastics
5:00pm Alex
5:00pm Chloe M
6:00pm Alex
6:00pm Chloe M

Advance Gymnastics
7:00pm Chloe M

Thursday

Beginners Gymnastics
4 to 5 years
4:00pm Chloe G
4:00pm Holly

Beginners Gymnastics
5 to 7 years
4:00pm Chloe M
4:30pm Natalya
4:30pm Lorraine
5:30pm Natalya
7:00pm Holly

Beginners Gymnastics
Ages 8+
6:00pm Holly
6:30pm Natalya

Intermediate Gymnastics
5:00pm Chloe M
5:00pm Chloe G
5:30pm Lorraine
6:00pm Chloe M
6:30pm Lorraine

Advance Gymnastics
7:00pm Chloe M
7:00pm Chloe G

Beginners Boys
5:00pm Holly

Intermediate Boys
6:00pm Chloe G

Saturday

Beginners Gymnastics
4 to 5 years
9:00am Chloe G
10:00am Chloe G
10:00am Natalya
3:30pm Natalya

Beginners Gymnastics
5 to 7 years
9:00am Natalya
9:00am Leah
10:00am Leah
11:00am Chloe G
11:00am Kieran
11:00am Natalya
1:30pm Natalya
1:30pm Leah
2:30pm Leah

Beginners Gymnastics
Ages 8+
11:00am Leah
12:30pm Kieran
12:30pm Natalya
2:30pm Natalya
4:30pm Leah

Intermediate Gymnastics
12:30pm Chloe G
12:30pm Leah
3:30pm Leah

Academy
Squad 1
9:00am Kieran

Academy
Squad 2
1:30pm Kieran
1:30pm Chloe G
3:30pm Kieran
3:30pm Chloe G