

Gymnastics at Bracknell Leisure Centre

Bracknell Leisure Centre is pleased to work alongside Bracknell Gymnastics Club* to offer gymnastics to all adults and children at all levels of experience and fitness. Our partnership enables children and adults to move from recreational skills development into a more competitive environment with Bracknell Gymnastics Club.

Children's Gymnastics

All our lessons are led by top quality and qualified gymnastics coaches offering a relaxed, safe and engaging environment. For those who have the ability and desire to develop beyond these classes there is the opportunity to progress into the Bracknell Gymnastics Club.

Pre-school gymnastics (0-4 years)	
<p>Bracknell Leisure Centre</p> <p>Fun sessions Parent & toddler Beginner</p>	
Mini gymnastics (5-8 years)	
<p>Bracknell Leisure Centre</p> <p>Beginner Intermediate</p>	<p>Bracknell Gymnastics Club</p> <p>TeamGym Mini Development TeamGym Development</p>
Primary gymnastics (8-12 years)	
<p>Bracknell Leisure Centre</p> <p>Beginner Intermediate Advanced Cheerleading</p>	<p>Bracknell Gymnastics Club</p> <p>TeamGym Development Primary TeamGym teams Youth cheerleading (Twisters)</p>
Junior gymnastics (13-17 years)	
<p>Bracknell Leisure Centre</p> <p>Beginner Intermediate Advanced Freestyle</p>	<p>Bracknell Gymnastics Club</p> <p>Junior TeamGym teams Senior cheerleading (Twisters)</p>



Adult's Gymnastics

Adult sessions accommodate all adults regardless of previous experience or ability. Coaches cater from Beginner to Advanced levels to support individual skill development. There are also opportunities to move into competitive teams at senior level with Bracknell Gymnastics Club.

Adults (16+ years)	
Bracknell Leisure Centre Adult Open Sessions (beginners to advanced) Freestyle	Bracknell Gymnastics Club: Senior TeamGym Senior cheerleading (Twisters)

If you would like more information about gymnastic courses please contact our reception team on 01344 454203.



*Bracknell Gymnastics Club is a charitable company affiliated to British Gymnastics with Gym Mark accreditation. Their aim is to help as many people as possible to experience fun, improve self-esteem and build good character through gymnastics. For more information on the club see their website at <http://www.bracknellgymnasticsclub.co.uk/bgc/>.

