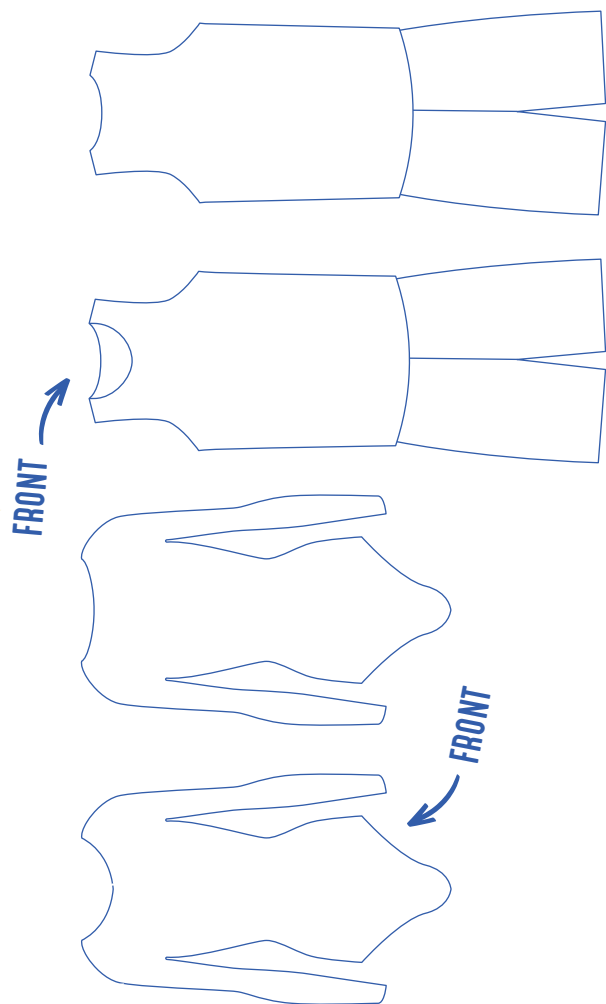


# DESIGN YOUR OWN LEOTARD | UNITARD

LET YOUR LITTLE GYMNASTS GET CREATIVE AND CREATE  
THEIR OWN LEOTARD | UNITARD USING THEIR IMAGINATION



# MINI MOVERS

SOUTH LAKE'S PRE-SCHOOL  
GYMNASTICS PROGRAMME



For more information

[getactiveabc.com](http://getactiveabc.com)



British  
Gymnastics





# WELCOME MINI MOVERS TO SOUTH LAKE'S PRE-SCHOOL GYMNASTICS PROGRAMME

**Bouncing, spinning, rolling- your children are already natural born gymnasts. So if you want to help them develop their physical skills, what better place to start - than here at South Lake?**

Pre-school gymnastics teaches your children important skills such as balance and co-ordination. With professional coaches and a playful environment, it's a great way for them to have fun and lay the foundations of a healthy, active lifestyle.

With lots of new equipment for your little ones to explore the sessions are always fun and exciting. While your little ones are having fun and meeting new friends they are also getting a head start in the world of gymnastics here at South Lake.

## SESSION LAYOUT

OUR 45 MIN SESSIONS WILL BE BROKEN DOWN INTO SECTIONS AS SEEN BELOW:

**10 MIN:** WARM UP GAME | ACTIVITY

**10 MIN:** STRETCHING

**20 MIN:** EQUIPMENT

**5 MIN:** CONCLUDING GAME | COOL DOWN

EACH WEEK YOUR CHILD WILL BE EXPLORING A RANGE OF FUNDAMENTAL GYMNASTICS MOVEMENTS.

WEEK 1: BALANCE

WEEK 2: JUMPING

WEEK 3: SPINNING | TURNING

WEEK 4: CO-ORDINATION

WEEK 5: GROUPWORK | PARTNER WORK

WEEK 6: EXPLORATORY PLAY



You and your child will enjoy this 45-minute structured class led by qualified and experienced coaches, colourful physical circuits and musical warm-ups are all part of the fun, whilst building essential physical skills.

**CARTWHEELS | TUMBLING | VALUTING | BEAMS | FUN GAMES  
BARS | HANDSTANDS | BALANCING | FLEXIBILITY**

COLOUR IN THE CLASS

