



# Did you know?

We have weekly Tiny Tumblers pre-school gymnastic sessions at Dronfield Sports Centre and Sharley Park Leisure Centre, as well as Little Flyers pre-school trampoline sessions at Dronfield Sports Centre. Both sessions are suitable for children who are toddling or walking to five years.

*Pick up a Mini Movers leaflet, or speak to reception for details.*

## Contact Details

**DRONFIELD SPORTS CENTRE**  
Civic Centre Dronfield S18 1PD  
Telephone: 01246 217217

**SHARLEY PARK LEISURE CENTRE**  
Market Street, Clay Cross S45 9LX  
Telephone: 01246 217277  
[www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk)



*We speak your language*

**Polish**

*Mówimy Twoim językiem*

**French**

*Nous parlons votre langue*

**Spanish**

*Hablamos su idioma*

**Slovak**

*Rozprávame Vaším jazykom*

**Chinese**

*我们会说你的语言*

If you require this publication in

**large print** or another

format please call us on

**01246 231111**

Please note: Times/dates may be subject to change.  
Check with individual centres prior to attending.

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## Gymnastics and Trampolining Courses





Enquire at reception for course prices

**Sharley Park Leisure Centre**

**Tuesday**

4.15pm - 5pm - Beginners  
5pm - 5.45pm - Improvers / Advanced  
5.45pm - 6.30pm - Beginners / Improvers

**Wednesday**

4pm - 4.45pm - Beginners  
4.45pm - 5.30pm - Beginners

**Saturday**

9am - 9.45am - Beginners  
9.45am - 10.30am - Improvers  
10.30am - 11.15am - Improvers / Advanced



Enquire at reception for course prices

# Gymnastics Courses

Courses cover the four main gymnastics disciplines: floor, vault, beam and bars. For ages 4-16 years\*.

## Course Times

**Dronfield Sports Centre**

**Monday**

4pm - 4.45pm - Beginners  
4.45pm - 5.30pm - Improvers  
5.30pm - 6.30pm - Advanced

**Tuesday**

4pm - 4.45pm - Beginners  
4.45pm - 5.30pm - Improvers  
5.30pm - 6.30pm - Advanced

**Friday**

4pm - 4.45pm - Beginners  
4.45pm - 5.30pm - Improvers  
5.30pm - 6.30pm - Advanced

**Saturday**

9am - 9.45am - Beginners  
9.45am - 10.30am - Improvers  
10.30am - 11.30am - Advanced

*\*Must be in full time school.*

All courses are delivered by qualified British Gymnastics instructors.



Sessions are designed to improve co-ordination, balance and flexibility, while progressing with skills and working towards an award scheme.

# Trampoline sessions

Progressive and fun weekly sessions focusing on improving skills and working towards awards. For ages 5-16 years.

All courses are delivered by qualified British Gymnastics instructors.

## Session Times

**Dronfield Sports Centre**

Saturdays from 12noon - 1pm (5 - 8 yrs Beginners/Improvers),  
1pm - 2pm (9+ yrs Improver/Advanced) and  
2pm - 3pm (9+years Beginners/Improvers).

**Sharley Park Leisure Centre**

Sharley Park holds 45 minute mixed ability sessions every Thursday at 4pm, 4.45pm and 5.30pm (5 - 16 years).