



Did you know?

We have weekly Tiny Tumblers pre-school gymnastic sessions at Dronfield Sports Centre and Sharley Park Leisure Centre, as well as Toddlers Open Play 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



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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North East Derbyshire
District Council

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 *4¹/₂ - 16 years. *Or in full time school

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

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. *5 years at DSC only

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 (6 - 16 years).