



**TALENT CENTRAL**  
Cheer and Dance

# What we offer



## Recreational gymnastics

Recreational gymnastics is a great way for young people to exercise, socialise and have fun!

AND

Because the skills require resilience and determination, it's a fantastic way to build self-esteem, alongside physical and mental wellbeing!



### Ages?

**Jitterbug class**  
Ages 5-7

**Bounce class**  
Ages 8+

We group athletes this way because we believe this allows all athletes to get the very best from each session.



### When?

**Jitterbugs**  
Wednesday 4.30-5.30pm

**Bounce**  
Wednesday 5.30-6.30pm



### Cost?

**£30.00**  
per month\*

This payment is taken at the beginning of each month via Coacha, which you will have to sign up to should you join the programme.