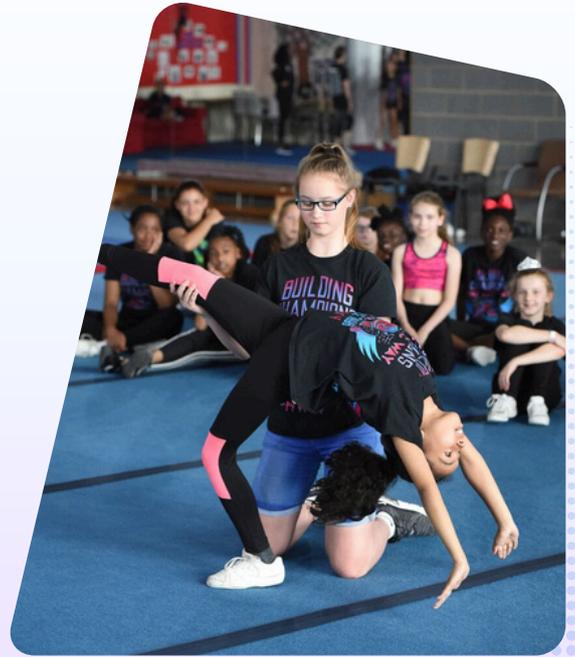




TALENT CENTRAL
Cheer and Dance

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.