



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
Tuesday OR Wednesday
4.30-5.30pm

Bounce
Wednesday OR Thursday
5.30-6.30pm

Home-Ed
Monday- day may be subject to change
12.00-1.00pm



Cost?

£30.00
per month*

This is due at the beginning of each month and can be paid in cash, or by card- there is a fee of £1.00 if you decide to do so.