

SPRING GYMNASTICS

SUMMER HOLIDAY PROGRAMME

Week commencing Monday 22nd July

Our holiday drop-in session in SPring will run from week commencing Monday 22nd July - Tuesday 3rd September. Sessions are bookable from 10 days in advance via Sportspark reception, or call [01603 592398](tel:01603592398). For more information, please email gymnastics.sportsparkuea.ac.uk.

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Monday 22nd		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs		Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs				
Tuesday 23rd		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs		SEND Session Schl - 9 yrs	SEND Session 8 - 15 yrs				
24th	Holiday Club											
Thursday 25th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs		Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs				
Friday 26th	Closed to public											
Saturday 27th	Olympic Open Day											
Sunday 28th		SEND Session 8 - 15 yrs										

Please note one adult per two children is permitted for all open and pre-school sessions.

All day every day for the community.

Sportspark, Norwich Research Park, Norwich, Norfolk, NR4 7TJ



SPRING GYMNASTICS

SUMMER HOLIDAY PROGRAMME

Week commencing Monday 29th July

Our holiday drop-in session in SPring will run from week commencing Monday 22nd July - Tuesday 3rd September. Sessions are bookable from 10 days in advance via Sportspark reception, or call [01603 592398](tel:01603592398). For more information, please email gymnastics.sportsparkuea.ac.uk.

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	
Monday 29th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs	Rec 8-10 yrs				
Tuesday 30th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	SEND Springer Walking - 9 yrs	SEND Springer 8-15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Artistic Squad			
Wed 31st	Holiday Club								Rec Schl - 7 yrs	Rec Schl - 7 yrs	Rec 11-15 yrs	Adult Open Session	
Thursday 1st		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs			Rec Schl - 7 yrs	Rec 8-10 yrs	Rec 8-10 yrs			
Friday 2nd		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Tumble Squad			
Saturday 3rd	Rec Schl - 7 yrs			Trampolining - 7 yrs	Trampoline - 8-15 yrs					Improver Tumbling	Trampoline - 8-15 yrs	Trampoline - 8-15 yrs	
Sunday 4th		SEND Session 8 - 15 yrs											

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All day every day for the community.

Sportspark, Norwich Research Park, Norwich, Norfolk, NR4 7TJ



SPRING GYMNASTICS

SUMMER HOLIDAY PROGRAMME

Week commencing Monday 5th August

Our holiday drop-in session in SPring will run from week commencing Monday 22nd July - Tuesday 3rd September. Sessions are bookable from 10 days in advance via Sportspark reception, or call [01603 592398](tel:01603592398). For more information, please email gymnastics.sportsparkuea.ac.uk.

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Monday 5th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs	Rec 8-10 yrs			
								Improver school - 7 yrs				
Tuesday 6th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	SEND Springer Walking - 9 yrs	SEND Springer 8-15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Artistic Squad		
								Beginner tumbling	Rec 8-10 yrs			
								Tumble Squad				
Wed 7th	Holiday Club							Rec Schl - 7 yrs	Rec Schl - 7 yrs	Rec 11-15 yrs	Adult Open Session	
								Beginner tumbling	Improver Tumbling	Gym Drop-in Student		
								Rec 8-10 yrs				
Thursday 8th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs				
								Rec 8-10 yrs	Rec 8-10 yrs			
								Improver school - 7 yrs				
									Improver 8-10 yrs	Improver 11-15 yrs Girl		
									Improver Boys			
Friday 9th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs			
								Rec 8-10 yrs	Rec 8-10 yrs			
								Tumble Squad				
								Improver Tumbling	Trampoline - 8-15 yrs	Trampoline - 8-15 yrs		
								Tramp - 7 yrs				
Saturday 3rd	Rec Schl - 7 yrs			Trampolining - 7 yrs	Trampoline - 8-15 yrs							
		Rec 8-10 yrs		Artistic Squad								
	Trampolining - 7 yrs	Trampoline - 8-15 yrs	Trampoline - 8-15 yrs	Advanced								
Sunday 4th		SEND Session 8 - 15 yrs										

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SPRING GYMNASTICS

SUMMER HOLIDAY PROGRAMME

Week commencing Monday 12th August

Our holiday drop-in session in SPring will run from week commencing Monday 22nd July - Tuesday 3rd September. Sessions are bookable from 10 days in advance via Sportspark reception, or call [01603 592398](tel:01603592398). For more information, please email gymnastics.sportsparkuea.ac.uk.

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Monday 12th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs		Rec Schl - 7 yrs	Rec 8-10 yrs			
Tuesday 13th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	SEND Springer Walking - 9 yrs	SEND Springer 8-15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Artistic Squad		
Wed 14th	Holiday Club							Rec Schl - 7 yrs	Rec Schl - 7 yrs	Rec 11-15 yrs	Adult Open Session	
Thursday 15th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs	Rec 8-10 yrs	Rec 8-10 yrs		
Friday 16th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Tumble Squad		
Saturday 17th	Rec Schl - 7 yrs			Trampolining - 7 yrs	Trampoline - 8-15 yrs							
Sunday 18th		SEND Session 8 - 15 yrs										

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SPRING GYMNASTICS

SUMMER HOLIDAY PROGRAMME

Week commencing Monday 19th August

Our holiday drop-in session in SPring will run from week commencing Monday 22nd July - Tuesday 3rd September. Sessions are bookable from 10 days in advance via Sportspark reception, or call [01603 592398](tel:01603592398). For more information, please email gymnastics.sportsparkuea.ac.uk.

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Monday 19th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs		Rec Schl - 7 yrs	Rec 8-10 yrs			
								Improver school - 7 yrs				
Tuesday 20th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	SEND Springer Walking - 9 yrs	SEND Springer 8-15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Artistic Squad		
								Beginner tumbling	Rec 8-10 yrs			
								Tumble Squad				
Wed 21st	Holiday Club							Rec Schl - 7 yrs	Rec Schl - 7 yrs	Rec 11-15 yrs	Adult Open Session	
								Beginner tumbling	Improver Tumbling	Gym Drop-in Student		
								Rec 8-10 yrs				
Thursday 22nd		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs				
								Rec 8-10 yrs	Rec 8-10 yrs			
								Improver school - 7 yrs				
									Improver 8-10 yrs	Improver 11-15 yrs Girl		
									Improver Boys			
Friday 23rd		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs			
								Rec 8-10 yrs	Rec 8-10 yrs			
								Tumble Squad				
								Improver Tumbling	Trampoline - 8-15 yrs	Trampoline - 8-15 yrs		
								Tramp - 7 yrs				
Saturday 24th	Rec Schl - 7 yrs			Trampolining - 7 yrs	Trampoline - 8-15 yrs							
		Rec 8-10 yrs		Artistic Squad								
	Trampolining - 7 yrs	Trampoline - 8-15 yrs	Trampoline - 8-15 yrs	Advanced								
Sunday 25th		SEND Session 8 - 15 yrs										

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SPRING GYMNASTICS

SUMMER HOLIDAY PROGRAMME

Week commencing Monday 26th August

Our holiday drop-in session in SPring will run from week commencing Monday 22nd July - Tuesday 3rd September. Sessions are bookable from 10 days in advance via Sportspark reception, or call [01603 592398](tel:01603592398). For more information, please email gymnastics.sportsparkuea.ac.uk.

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Monday 26th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs		Rec Schl - 7 yrs	Rec 8-10 yrs			
								Improver school - 7 yrs				
Tuesday 27th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	SEND Springer Walking - 9 yrs	SEND Springer 8-15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Artistic Squad		
								Beginner tumbling	Rec 8-10 yrs			
								Tumble Squad				
Wed 28th	Holiday Club							Rec Schl - 7 yrs	Rec Schl - 7 yrs	Rec 11-15 yrs	Adult Open Session	
								Beginner tumbling	Improver Tumbling	Gym Drop-in Student		
								Rec 8-10 yrs				
Thursday 29th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs				
								Rec 8-10 yrs	Rec 8-10 yrs			
								Improver school - 7 yrs				
									Improver 8-10 yrs	Improver 11-15 yrs Girl		
									Improver Boys			
Friday 30th		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs			Rec Schl - 7 yrs	Rec Schl - 7 yrs			
								Rec 8-10 yrs	Rec 8-10 yrs			
								Tumble Squad				
								Improver Tumbling	Trampoline - 8-15 yrs	Trampoline - 8-15 yrs		
								Tramp - 7 yrs				
Saturday 31st	Rec Schl - 7 yrs				Trampolining - 7 yrs	Trampoline - 8-15 yrs						
		Rec 8-10 yrs		Artistic Squad								
	Trampolining - 7 yrs	Trampoline - 8-15 yrs	Trampoline - 8-15 yrs	Advanced								
Sunday 1st												
Monday 2nd		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	Springer 9 - 15 yrs		Rec Schl - 7 yrs	Rec 8-10 yrs			
								Improver school - 7 yrs				
Tuesday 3rd		Pre Schl Open Walking - Schl	Mini Springer Walking - 8 yrs	Mini Springer Walking - 8 yrs	SEND Springer Walking - 9 yrs	SEND Springer 8-15 yrs		Rec Schl - 7 yrs	Rec Schl - 7 yrs	Artistic Squad		
								Beginner tumbling	Rec 8-10 yrs			

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