



**SPIRAL**  
Gymnastics Club



*Providing gymnastics training in a safe  
and fun environment for all ages and abilities*

**[www.spiralgym.co.uk](http://www.spiralgym.co.uk)**

## Term Time Classes

These classes run throughout school term times and there are no sessions during half term weeks, summer, Easter and Christmas holidays. Terms run for 12 weeks and fees are payable at the start of each term.

### Classes available include:

- **GymTots** (ages 3-4 years)
- **Term Time** (ages 4-7 years)
- **Term Time** (ages 7-10 years)
- **Term Time** (ages 10+ years)
- **Improvers** (ages 9+ years, invite only)

## Open Classes

Our open classes run throughout the year. There is no need to book for these sessions, simply pay on the day (maximum class capacities apply).

### Our open class schedule includes:

- **Adults** (ages 18 years & over)
- **Parent and Child** (ages from birth - 4 years old)

All our coaches are DBS checked

## Birthday Parties

Why don't you have your birthday party at Spiral Gym Club?

All parties include 60 minutes exclusive use of the gym and all the equipment as outlined and supervised by the coach, who is present throughout the party.

Games and activities can be provided by the coach if required.

Further details are available on our website.

## Competitive Squads

We have a variety of club, development and performance squads where gymnasts compete and represent the club. All squad places are by invitation only and following a trial period.

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