

**DISCOVER
GYMNASTICS**
TASTER DAY



DISABILITY GYMNASTICS

I'M THE ONE
WHO FULFILS MY POTENTIAL

DiscoverGymnastics.uk

**FIND
OUT
MORE**

Ready to be a gymnast?

Come along to our Discover Disability
Gymnastics taster day.

**British
Gymnastics**

Your heart is pounding, your muscles flex, adrenaline pulses through every inch of your whole body. In other words, you've never felt better.

Gymnastics is an inclusive sport. That means our coaches adapt every activity around your physical, sensory and learning requirements. So whatever type of gymnastics you want to try, it really couldn't be easier to get involved – and find out what you're capable of.

Ready to become a gymnast?

Our club provides a safe, friendly environment with professional coaches to help you learn. We're excited to be hosting a free Discover Disability Gymnastics taster day, where disabled people of all impairments can try a range of gymnastics activities and see which type they like best.



Discover Disability Gymnastics with us:

DATE Sunday 16th July 2017

TIME 2:30pm – 5:30pm

VENUE Park Wrekin Gymnastics Club

WHAT WILL BE INVOLVED?

Come along to our free Discover Gymnastics day where we will be offering disabled people of all impairments the chance to try a whole range of different gymnastic disciplines in a fun, safe and relaxed environment. You don't need any previous experience of gymnastics; activities will be suitable for complete beginners with our professional qualified coaches providing all the support you need for a fantastic afternoon of gymnastics fun.

HOW TO FIND US

You can find us at Park Gymnastics Centre, Severn Drive, Dothill, Wellington, Shropshire, TF1 3LE. Once you arrive, there is free parking directly outside the centre's entrance and someone will greet you to show you where to go.



WHAT DO I NEED TO BRING?

You don't need to bring anything in particular; we will provide refreshments for all participants. Wear something comfortable e.g. a t-shirt and tracksuit bottoms, and bring a pair of socks to wear in the gym. Feel free to come with a friend who can either come down onto the gym floor with you or can watch the activities from our friendly coffee shop!

HOW CAN I GET INVOLVED?

If you'd like to hear more or would like to attend, please contact Pete McCready to book your free place on 07738 121 102 or email contactus@parkwrekin-gymclub.com. Park Wrekin Gymnastics Club will be happy to answer any questions you may have and are keen to discuss any communication or access needs that we can support you with on the day.

