



British  
Gymnastics  
More than a sport



**Thursday 27<sup>th</sup> September 2012**

**9.30am-12pm - Rhythmic Gymnastics, Cheerleading, Apparatus Work @ South Essex  
Gymnastics Club, SS14 3GR**

**1.15pm-3.15pm – Trampolining @ Recoil Twisters Trampoline Club, CM13 3BP**

Admission: FREE

A variety of great equipment to explore, including a foam pit!

All ages, abilities and school groups welcome

Sessions led by British Gymnastics qualified coaches

For more information or a booking form please contact: [Mollie Davies](mailto:Mollie.Davies@british-gymnastics.org) on 07825 384879 or [tracey.royle@british-gymnastics.org](mailto:tracey.royle@british-gymnastics.org)