

GYMNASTICS & PARKOUR CLASSES

(AGES 5 - 16)



50 YEARS OF GYMNASTICS
ON THE COAST



Join our fun-filled gymnastics programmes with qualified and experienced coaches.

Your child will learn fundamental core movements applicable to all sports along with life skills such as listening, taking turns, and fostering independence.



Our parkour classes include elements of gymnastics, parkour, free-running, tricking, tumble and trampolining.

These classes boost self-confidence while enhancing strength, agility, balance, speed, power and coordination.

