



**DISCOVER
GYMNASTICS
TASTER DAY**

DISABILITY GYMNASTICS

I'M THE ONE
WHO FULFILS MY POTENTIAL

**British
Gymnastics**
More than a sport

Ready to be a disability gymnast?
Come along to our Discover disability
gymnastics taster day.

In partnership with

CP Sport

Cerebral Palsy Sport

**Limb
POWER**
Lifts above Limb Loss

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 every activity involved can be adapted around your physical 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.

Mainstream gymnastics sessions can be adapted to include people with a

physical impairment. But if you'd prefer to start with dedicated classes, that is often an option too.

Nottingham City Gymnastics Club offers a safe, friendly environment with professional coaches to help you learn. We'd be happy to discuss your needs and whether an inclusive mainstream or dedicated disability class would suit you best. Ask a coach for more details.



Discover disability gymnastics with us:

Date: Saturday 10th and 17th March 2018

Time: 3.00-4.30pm

Event hosted by: Nottingham City Gymnastics Club

Venue address: Denton Green, Broxtowe, NG8 6GD

What will be involved on the day?

This is an exciting opportunity for young people to experience gymnastics and meet new people.

How to find us?

Nottingham City Gymnastics Club is situated 5 miles off junction 26 on the M1. The club is situated in the middle of a roundabout with parking available directly outside the building.



What will I need to bring?

Please ensure you wear suitable clothing – shorts, joggers, leggings and t-shirt, and barefeet. Please ensure all jewellery is removed and hair is tied back. Participants will also require a drink.

Who is the event for?

The event is for children aged 3-11 years old who have a physical impairment. Siblings are also welcome to attend. Cost is £3 per child.

How to book?

To book your place or for more information please contact:
Andy Brittles from LimbPower on 07503030702
Lisa Morten-Smith on 07496333096

