



ALPHA M

EDUCATIONAL AND SPORTING
SERVICES INTERNATIONAL GROUP

Gymnastics

Gymnasts are taught fundamental skills and receive guidance in developing techniques for moves such as rolls, handstands, cartwheels, jumps, shapes and the initial steps to the vault run up. They will have fun whilst gaining a good understanding for the sport and can make friends in a safe, friendly environment. Gymnasts progress through an awards scheme based around the British Gymnastics Pre-school Award Scheme. Classes are planned to maximize progression whilst having fun and allowing children to reach their own potential.

MONDAY | 2 - 3pm

Ages 5yrs +

12 classes 940AED



For registrations and payments, please call +971 50 945 1937 or email info@alphaessgroup.com