



**WELCOME TO**

**NORTH MANCHESTER**

**GENERAL GYMNASTICS CLUB**

Work on your flexibility, balance and coordination with online gymnastics classes. Whether you're a beginner or novice learning for the first time or a child looking to build on their skills, at North Manchester General Gymnastics Club, we have a range of gymnastics classes and private course programmes face to face for every age and ability. Our children's gymnastics lessons follow the **Rise Gymnastics** framework, created by our governing body, **British Gymnastics**, to teach kids fundamental skills which will help with other sports and activities. We also offer young people (12-16 years) and adult (16+ years) lessons at our main site at Etihad, meaning you can find a course for yourself, friends and family. Please follow us on IG **who\_is\_camella** to kickstart your child's journey.

**WHY CHOOSE GYMNASTICS WITH NORTH MANCHESTER GENERAL GYMNASTICS CLUB?**

**ONLY £8 PER MONTH ONLINE DAILY CLASSES!!** Our classes are the most affordable classes in the country. Finding time to join us will be the best move you've ever made! £8 per month cancel your contract anytime. No cancellation fees. Your child will enjoy four 45 mins lesson per month. Beam, floor and bars. Your child will thrive. Alternatively, PAYGO classes are £2.50 per session & are 45 mins. They will learn *beam, floor and vault*. Our aim is to build your child's self-efficacy in-turn develop their confidence. We encourage **Peer Modelling**, learning from positive examples set by those around showing good social behaviours and rewarding those behaviours. We pride ourselves on working with your child and developing their mental strength through showing them how to deal with a challenge rather than worrying about what can go wrong. CONTACT US FOR FURTHER INFO ON **07988381038** OR BOOK VIA INSTAGRAM **WHO\_IS\_CAMELLA**