

# NEW GYMNASTICS & ACRO DANCE CLASSES FOR JUNIORS IN TADLEY!



Registration is now open for our new Gymnastics and Acrobatic Dance classes for Juniors (6 years and up) that launch on **Thursday 11th October** and **Saturday 12th January**.

The classes will be held in the gymnasium at the Rec Soc, Aldermaston Road, Tadley, RG7 4PR.

The classes are open to all abilities and are as follows:

## Thursday

- 3:45pm – 5:45pm – Gym for All - approx 6-16yrs
- 5:45pm – 6:45pm - Junior Acro Dance - approx 6-9yrs

## Saturday

- 8:45am – 10:45am – Gym for All - approx 6-16yrs
- 10:45am – 11:45am - Junior Acro Dance - approx 6-9yrs
- 12:00pm – 2:00pm – Gym for All - approx 6-16yrs



## Gym for All

In our gymnastics sessions children will learn the fundamental shapes that underpin all gymnastic skills such as tuck, pike, straddle, straight, dish, arch, front support, back support, shoulder stand and bridges; thus giving them a strong grounding in the basics. Once this has been achieved, they will move on to more advanced skills such as forward rolls, backward rolls, jumps, handstands, cartwheels, walkovers and tumbling combinations.

As the gymnast's strength and confidence grows, they will move onto flighted skills such as handsprings, free cartwheels, back flicks and somersaults. Students will be encouraged to participate in the British Gymnastics Core proficiency and Advance Proficiency award schemes.

## Junior Acrobatic Dance

Acrobatic dance combines classical and modern jazz dance with acrobatic and gymnastic elements, including lifts, jumps, tumblers and other acrobatic movements. It is a fun and awe-inspiring dance style that demonstrates grace, strength and flexibility as well as teamwork and discipline. Acro is designed to enhance and compliment other dance forms and it is therefore highly recommended as an additional class to our combined graded Ballet, Tap and Modern Jazz or Gymnastics classes.

The class is suitable for complete beginners as well as those who are more proficient. All levels will cover the UK Dance & Acrobatic Arts syllabus and students will be given the opportunity to take graded exams if they wish. Students will also be given the opportunity to take BTDA awards and performance medals.

Students will train with expert tumbling/gymnastic coaches with a focus more on strength, flexibility and basic acrobatic moves and some tumbling.

Register for the first three trial sessions [here](#) or on our website at [www.lyndendance.co.uk/lyndenenrolment.html](http://www.lyndendance.co.uk/lyndenenrolment.html). Further information on classes is available [here](#) and for Little Lynden classes [here](#).

Fully qualified British Gymnastics Coaches. Lynden is a British Gymnastics Registered Club.

Contact us: Email [Lyndendance@aol.com](mailto:Lyndendance@aol.com)

Website: [www.lyndendance.co.uk](http://www.lyndendance.co.uk)

# NEW GYMNASTICS & ACRO DANCE CLASSES FOR INFANTS IN TADLEY!



Registration is now open for our new Gymnastics and Acrobatic Dance classes for Infants (3-5 years) that launch on **Thursday 11th October and Saturday 12<sup>th</sup> January**.

The classes will be held in the gymnasium at the Rec Soc, Aldermaston Road, Tadley, RG7 4PR.

The classes are open to all abilities for children **aged 3-5 years** and are as follows:

## Thursday – starting 11/10

- 3:45pm – 4.45pm - Gym Juniors

## Saturday – starting 12/1

- 8:45am – 9.45am - Gym Juniors
- 10:00am – 10.45am - Little Lynden Acro Dance
- 1.00pm – 2.00pm - Gym Juniors



## Gym Juniors

The Gym Juniors class offers infants the opportunity to learn the basic fundamentals of team gymnastics within a safe and structured environment – giving the ability to learn from others. It teaches children important skills such as balance and co-ordination.

With expert supervision and coaching in a safe, playful environment, it's a great way for them to have fun whilst laying the foundations for an active and healthy lifestyle.

The sessions are always energetic and entertaining and with so many exciting activities for them to be involved in, while they are having fun and making new friends, they are also getting a head start in the world of physical exercise. The sessions will be led by British Gymnastics accredited coaches particularly skilled at working with infants.

## Little Lynden Acrobatic Dance

A new development within Lynden are the Little Lynden Acro Dance classes for children aged 3 – 5 years. These classes focus on the fundamentals of shapes, body tension and spatial awareness. The classes introduce movement to music to develop co-ordination and gross motor skills.

Again these classes offer a great way for young children to have fun while developing the lasting habits of an active and healthy lifestyle. They will utilise props and games to make the introduction to movement, dance and tumbling both fun and inspiring.

The classes will be taught by specialist teachers with both Gymnastics and Tumbling accreditations and also Dance Teacher qualifications. This class is a great introduction to Lynden's Acro Dance classes.

Register for the first three trial sessions [here](#) or on our website at [www.lyndendance.co.uk/lyndenenrolment.html](http://www.lyndendance.co.uk/lyndenenrolment.html). Further information on classes is available [here](#) and for Little Lynden classes [here](#).

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