

YORK CITY Gymnastics

BUILDING CONFIDENCE | STRENGTH | SKILLS FOR LIFE

Start
your
gymnastics
journey
with us!



TRAMPOLINING

Build confidence, coordination and control.



MONDAYS, THURSDAYS,
FRIDAYS AND SATURDAYS



Focus on safe progressions, before moving on to twists, body landings, somersaults, and more advanced skills.



BOYS' GENERAL

Develop coordination, balance and power.



MONDAYS AND WEDNESDAYS



Engaging, challenging and designed to keep boys motivated while improving technique and confidence.



PRESCHOOL

A fun-filled introduction to gymnastics!



WEEKDAYS AND SATURDAYS



Parent-and-child classes with themed circuits.



Independent classes (3+).



PAYG play classes from as young as 10 months.

GIRLS' GENERAL

Classes are available but waitlists may apply – please check the website for more information.



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YORK CITY
GYMNASTICS