



# Gymnastics Club

Balancing

Jumping

Games

Skill focused circuits

Strength/flexibility work

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@lbgymnastics

## LB Gymnastics

I am a fully qualified British Gymnastics Level 2 Woman's Artistic Coach and Level 1 Pre-School Gymnastics Coach. After competing for Great Britain myself in gymnastics, I now have many years of coaching experience.

Gymnastics is a foundation sport that develops key physical competencies such as postural control, coordination, the ability to jump and land safely, as well as strength, flexibility and balance. The sport also enables participants to gain key social experiences such as exploring their creativity amongst their peers.

### Available for:

- Before School, Lunch Time & After School Clubs
- SEN Gymnastics Sessions
- PE Gymnastics
- Birthday Parties

Enquiries - [laurenbakergymnastics@gmail.com](mailto:laurenbakergymnastics@gmail.com)

British  
Gymnastics  
More than a sport