



FIRST
gymnastics.uk

SMILE MOVE GROW

AWARD

WELCOME



Join us...



Helsby High
School

We're **First Gymnastics**.
Smile Move Grow is our ethos and having fun is the most important thing... Moving around and learning new skills comes next... And then it's about Growing in capability... composure... confidence... transferable skills that help with other sports and dance too. First Gymnastics Monthly Subscription, in **Helsby** is **£36.75**. This covers weekly term-time classes. Each session lasts approximately 55 minutes, with the age group classes following on from each other.

Enhanced
DBS
Check

Qualified
Coaches



Wednesday Evening... Saturday Morning



Mini
Age 4-6



Midi
Age 7-8



Maxi
Age 9-12

Weekly Gymnastics Classes for Girls and Boys

**Book a FREE trial
session**



First Gymnastics Helsby is
operated by CW Gymnastics
Limited under license from Smile
Move Grow Ltd

Children can join their age group
Class at ANY stage of the School
Year without needing any prior
Gymnastics experience