

# The Academy EXPANDS in PORTISHEAD

WE NOW OCCUPY

UNIT 4, Harbour Road Trading Estate

Along with our well established Gymnastics and Trampoline Classes

# 01275 840077

**FOOTBALL FITNESS**                      50 min class                      £3.50                      Thursday  
To enhance and complement the work done on the pitch for boys and girls. We focus on ankle and leg drills, fast footwork, total body conditioning and flexibility to avoid injury. Your game will improve!

**CHEERLEADING**                      50 min class                      £3.50                      Tuesday  
Part of the gymnastics family of sports, Cheerleading is the No. 1 growing sport in the UK. The class incorporates jumps, dance, tumble and stunts, cheers and chants. People of all ages and abilities participate as part of a cheerleading team.

**PRE SCHOOL**                      9.30 -11.30                      £2.50                      Mon, Wed, Thur  
A drop in play session for the under 5's with their adult carer. A fully matted floor area is covered with exciting equipment and toys to explore. Each session ends with a song and a cuddle.

**GYMNASTICS DANCE**                      4.30 - 5.20                      £3.50                      Tuesday  
For dancers who really want to improve their repertoire, this class will complement their dancing skills with gymnastic flexibility, strength, leaps and acrobatics.

**GLADIATOR GAMES**                      50 min class                      £3.50                      Friday  
For boys and girls we've got old fashioned and new games side by side. To include - musical mats, bulldog, relay races and many more for lots of increased heart rate fun.

**CIRCUS SCHOOL**                      6.30 - 8,30                      £8.00                      Saturday  
Adults and children alike, can learn circus skills taught by retired circus artist. A great evening for all the family or come with friends and enjoy the activities.

**HALL HIRE** - We are able to take bookings for our premises. Do you need a 12m x 12m sprung, matted floor space.

**Please note - These classes are running as part of a trial throughout the summer months. To ensure your place booking in advance is essential.**