

I'm not a robot



Gymnastics academy near me

Hit the button below to sign up for classes, or visit the [Classes](#) page for more information

THE MILL GYMNASTICS ACADEMY LTD. COMPANY NUMBER 11706765 Work on your flexibility, balance and coordination with gymnastics classes near you. Whether you're an adult learning for the first time or a child looking to build on their skills, at Better, we have a range of gymnastics lessons and courses for every age and ability. Our children's gymnastics lessons follow the Rise Gymnastics framework, created by our partners, British Gymnastics, to teach kids fundamental skills which will help with other sports and activities. We also offer young adult (12-16 years) and adult (16+ years) lessons at a variety of Better leisure centres nationwide, meaning you can find a course near you. Book gymnastics lessons Already registered on a course? Login to your Home Portal account to view lesson progress, lesson days and times and any cancelled dates. Manage my gymnastics lessons Gymnastics is an amazing sport and you can experience a range of benefits that improve your overall health and wellbeing: Through our courses and Rise Gymnastics sessions, you'll experience an immersive, creative and exciting gymnastics programme that's a great work out for your whole body. From hand-eye coordination to balance, you'll build key foundations and skills which can be transferred to other sports and disciplines. Moving your body is great for your mind. Not only does gymnastics help reduce stress and build mental strength, but following a programme like Rise Gymnastics can also be great for your child's mental health as they measure their progress and develop at their own pace. They can recognise their achievements with a range of rewards and medals at each stage and feel motivated and proud of themselves. Our classes can boost your social wellbeing as you meet other gymnasts. Enjoy the social benefits as you spend time with likeminded people and feel the support of your group as you all take part in this progressive journey together. Rise Gymnastics sessions will also help children learn key social skills as they interact with their peers. Giving all gymnasts a fun, well-rounded experience from the very start, we offer a range of courses for all ages and abilities. Rise Gymnastics Discover, Explore and Excel take young gymnasts through their first steps into gymnastics all the way to advanced skills and competitions. We also have adult classes for those looking to try something new or develop their skills. Find the right lesson to suit your or your child's needs: Best for: Preschool children (from ages 18+ months) Rise Gymnastics' Discover sessions have been designed to mirror the approach of learning within an Early Years Foundation Stage (EYFS) environment, helping children explore through play and nurture core skills as they progress at their own pace. Through themed activities, pre-school children will use their own imagination and creativity to help them develop key life skills and physical movement at an early age. Children will also earn rewards as they progress, helping them feel self-assured and proud. Learn about Discover gymnastics Best for: School-aged children (from 5+ years) Rise Gymnastics Explore is all about building on key skills whether children have previous gymnastics experience or not. With immersive and exciting activities which introduce children to gymnastics in a way they'll really enjoy, this programme is a fun and engaging path into sports and fitness. A flexible award scheme with medals and certificates allows everyone to shine, no matter what level their starting at. Learn about our Explore sessions Best for: Experienced young gymnasts (from 7+ years) Rise Gymnastics Excel is for experienced, ambitious young gymnasts, giving them the opportunity to put their skills to the test with festivals, competitions and discipline-specific pathways. From challenging balances and dynamic tumbles to gravity-defying somersaults, your child can hone their craft with expert guidance from our coaches. During Excel sessions, skills are allowed to develop naturally rather than through a focus on awards. This means gymnasts stay motivated by achieving regularly but at their own pace. Learn about Excel gymnastics Best for: 16+ of all abilities In addition to our junior Rise Gymnastics programmes, we also offer relaxed and informal adult gymnastics classes. These classes offer participants of all abilities the opportunity to learn something new or build on existing skills in a safe and welcoming environment. Whether you're looking for gymnastics for beginners near me or want to rediscover your favourite sport, these sessions are ideal for everyone from complete novices to former gymnasts. We also offer courses for young adults (aged 12-16) and people with disabilities, helping everyone enjoy this fantastic sport. Learn about adult gymnastics Let the kids learn a new skill over the holidays and keep them active with a Rise Gymnastics Holiday Course. Suitable for all levels, these courses give your child a taste of what gymnastics is like, whilst helping them develop their confidence and build key co-ordination skills in a fun environment. To find gymnastics near you and book a holiday short course: Visit our booking platform Select your preferred location to view available courses Select 'Gymnastics Holiday courses' in the filter *Days and times will be confirmed as you select your booking Courses are added to our booking platform in advance of each holiday period so you can plan ahead. Book a holiday course Our online Rise Hub portal lets you track your child's progress through our gymnastics sessions. Once you log in, you'll be able to follow how your child is moving through the Rise Gymnastics award schemes, with personalised updates directly from their coaches about their progress. Other benefits of tracking your gymnastics lessons include: Records of achievement Encouragement to keep the kids active Ability to book and pay online One account for multiple children Track your progress Need help setting up your account? Take a look at our Help Centre To help you make the most of your session, here are some tips to help you prepare for your class. What to Wear and Bring: Wear suitable clothing like shorts, t-shirts, leggings, jogging bottoms, leotards or unitards Do not wear jeans, hooded tops, skirts or clothes with zips, buttons and strings/oggles You must also tie long hair back, away from the face and remove all jewellery – including s + 6-tud earrings So you can stay hydrated, remember to bring a water bottle to class (which can be refilled at the centre) Lesson Safety Rules: Arrive on time for your class. If you're late, you'll miss the warm-up and may not be allowed to participate Leave at least one hour between eating and starting your class Children under 8 years must be dropped off and collected by a parent/guardian. Anyone under 16 years cannot drop off or collect pupils Parents/guardians must also stay for the duration of the class in the viewing areas. Please avoid talking to your children during the session though, as this can be distracting for your child and others in the group To keep everyone safe, do not enter the gymnasium or use any of the equipment without the permission of the coaches Photography is also not permitted. This includes using mobile phones, video recorders, cameras or tablets Gymnastics Stay and Play sessions are the perfect environment for under 5s (from 6 months to 5 years) to enjoy our gymnastics equipment, Soft Play equipment, hand apparatus and learn basic gymnastics skills. Parents/Guardians are responsible for their child's safety and must always actively supervise. This session is for under 5s (minimum age 6 months) Parents/Guardians are responsible for their child's safety and must actively supervise them at all times Due to the nature of a gymnastics hall please be aware that there are uneven surfaces and protruding equipment present Parents/Guardians should only use the equipment to the extent necessary to support their child's play Entry into foam pits is only from floor level and not from height One child at a time on each piece of apparatus, trampoline or foam pit Our staff are here to help you enjoy your visit, so if you need help or have any questions, please ask them You can start gymnastics at any age, from childhood to adulthood. We offer classes for all ages so everyone can enjoy this great sport. The Rise Gymnastics programme is designed for children as young as preschool age, all the way up seven years and older. For more information on the different levels, visit the Rise Gymnastics website. Flexibility is one of the fundamentals in gymnastics, allowing you to move your body in different ways. However, if you're not flexible, don't worry. Beginner gymnastics sessions will help you develop the core skills you need and build up your range of motion. Fitness classes like Pilates or conditioning classes can also help you build up your strength and mobility when you're starting out. At Better, we offer our gymnastics sessions and lessons at locations across the UK. To find your nearest sessions, use our centre locator tool and enter your postcode to find Better leisure centres in your area. For more frequently asked questions, please visit our help centre. Try a new sport with our affordable tennis lessons. Suitable for a range of ages and abilities, our lessons are delivered by licensed and registered LTA coaches, on hand to support you as you develop your skills. Game, set, match! Find out more Work on skills like running, jumping and throwing with our athletics lessons and courses. Ideal for adults and children alike, our athletics sessions are designed for all ages and abilities so everyone can enjoy the benefits of some time on the track or the field. Find out more This website uses cookies to improve your experience while you navigate through the website. Out of these cookies, the cookies that are categorized as necessary are stored on your browser as they are essential for the working of basic functionalities of the website. We also use third-party cookies that help us analyze and understand how you use this website. These cookies will be stored in your browser only with your consent. You also have the option to opt-out of these cookies. But opting out of some of these cookies may have an effect on your browsing experience. The UK's largest gymnastics provider as accredited by our Governing body British Gymnastics. A full time gymnastics club offering weekly sessions each and every week, all year around! Our birthday parties are one of the fastest growing services we provide. If you want the stress taken out of your child's big day whilst having a fun-packed couple of hours filled with games and Gymnastics activities, then a Jamies party is exactly what you need! Click below to see the packages we provide and the added options we offer to ensure you child has the best birthday possible. Our birthday parties are one of the fastest growing services we provide. If you want the stress taken out of your child's big day whilst having a fun-packed couple of hours filled with games and Gymnastics activities, then a Jamies party is exactly what you need! Click below to see the packages we provide and the added options we offer to ensure you child has the best birthday possible. We operate various programs for children of all ages and abilities. We provide private tuition to children and adults wanting to achieve their desired goals. We run holiday activities during every holiday period for everyone to enjoy. At Jamies we want to give every child the best start in Gymnastics. We want to see them develop, we want to see them thrive, but most of all, we want them to have fun! Your child will learn the fundamentals of the sport whilst at the same time allowing them to become more confident, sociable, and expressive all, within a safe environment. Whether your child is just starting out or even has previous competitive experience, we have a class and structure to cater for everyone's needs. We believe that Gymnastics is the foundation for building key attributes in life and we want as many gymnasts as possible to experience what the true meaning of participation is all about. So click below to try one of our classes and become a part of the UK's largest Gymnastics programme. Find out all the latest news from Jamies Gymnastics Academy. A high quality gymnastics club At Sherwood Oaks Gymnastics Academy, we're passionate about enabling every child to achieve their potential and aim to enable children who have the ability to excel and reach the top of their sport. Our club provide exceptional coaching, to help each and every child achieve their individual goals! We enable competitive Gymnastics through our club from lower level through to national/compulsory pathway The seeds of our elite performance foundation have been sewn, with the hope of entering national platform competitions within the next 3-5 years. Conveniently located near to both Chesterfield and Mansfield we cater to members from all over Derbyshire and Nottinghamshire. Ask about Joining Tumbles has a full-time facility in Lowton, Leigh and a second facility now in Wigan. The facilities offer Olympic gymnastics equipment with classes suitable for every child and parents are welcome to stay and watch in our parent café and viewing area.Home of two World Champions, Donna Maclean and Rachael Letsche and former Scottish National Coach, Gemma Scott. We are dedicated to IMPROVING children's fitness in a fun, positive environment. Allowing children to grow and learn gymnastics at the right pace. Building their skills with confidence. Unit P2(2) Moss Industrial EstateWalter Leigh WayLowton Leigh WN7 3PTTel: 01942 939655Unit 1, Centurion Place, Richard St, Wigan Greater Manchester WN3 4JN Tel: 01942 939655 Bouncing, spinning, rolling – your children are already natural-born gymnasts. So if you want to help them develop their physical strength, co-ordination, balance and fine motor skills, what better place to start!