

# GYMNASTICS



Elevations Dance is proud to be affiliated with Defying Gravity Gymnastics Club, a partnership that seamlessly blends the disciplines of dance and gymnastics to enhance our students' overall learning experience.

This collaboration works exceptionally well as both arts share a focus on strength, flexibility, coordination, and performance.

By combining our expertise, we provide a comprehensive programme that allows students to develop a diverse skill set, fostering their growth and development in a supportive and dynamic environment

4-piece- bars, beam, floor and vault

[CLICK HERE TO BOOK](#)

## SATURDAYS

- 14:30 Reception-Year 2
- 15:15 Year 3- Year 4
- 16:00 Year 5+
- 16:45 Elite Squad (2 hours)