

OPEN Training for Summer 2018 is about to begin!



UA Manchester Summer Sessions are as follows:

- **NO TRAINING:** Thursday 26 July 2018

Specialty Sessions in August:

2 August -

- 4:30-6pm Strength, Motivation and Confidence - Super activities for Super Athletes **OPEN TO ALL**
- **PENDING: POM!!!!** Team England World Champion Coach Aaron Simmonds is back and ready to teach you how to RULE on the dance floor!

9 August -

- **Back Handspring TUMBLE SESSION** 4-6pm Pre-Book Only £5 Nitrogen ONLY or athletes who can perform consistent walkovers and limbers *ask your coach for details
- **TUCKS!!!!** 6-8pm Pre-Book Only £5 Nitrogen ONLY or athletes must have Back Handspring *ask your coach for details
- Both sessions lead by special BG Gymnastics Coach
- ***NO TRAINING FOR ATHLETES UNLESS THEY ARE REGISTERED FOR THIS SESSION**

16 August -

- **Acro-Yoga** 5-6pm Ages 5-8
- Acro-Yoga with the amazing Jayme Rodgers! Parents encouraged to take part too! Cirque du Soliel will have nothing on us!
- **Acro-Yoga** 6:30-7:30pm Ages 9+
- Acro-Yoga with the amazing Jayme Rodgers! Parents encouraged to take part too! Cirque du Soliel will have nothing on us!

23 August -

- **Level 1 Tumbling** 4:30-6pm Level 1 Tumbling with Marie (Handstand, walkover, cartwheel & progressions) **OPEN TO ALL**
- **PENDING: Get Loud & Proud** 6-8pm with Coach Hannah Jones- Hannah is the MASTER of clean routines and great performances, do NOT miss this session with one of the best Cheer Judges in the UK!

- **NO TRAINING:** Thursday 30 AUGUST 2018

www.uamanchester.com