

# Adult Gymnastics case study

**Project:** Swanage Gymnastics adult sessions

**Objective:** To expand our offer to adult participants aged 17+



**THURSDAYS  
ADULTS  
GYMNASTICS**  
 Complete beginner? Want to re-master skills? Interested to have a go? Our Thursday Adults Gymnastics class is for you!  
 Classes will consist of a structured warm up followed by an introduction to the weekly focus areas. You will then have time to explore skills and make use of the gym with the support of qualified coaches. We cover basic floor skills, rebound apparatus, conditioning through 'GYMFIT' and freestyle through 'FREEFIT'.  
**CONTACT us:**  
**Call or Text:**  
 01456 659563  
**Email:**  
 info@swanagegymnastics.co.uk

## What did we do?

We introduced our adult class as a result of a relocation of venues. Our new venue enabled us to offer more space and equipment such as floor surface and safety mats; overall, a more suitable environment for adults to participate. The class successfully overlaps with another class we run which saves a small amount on hall hire and makes good use of the space available to us.

The class was a development from a GymFit class we were offering. After 2 x 6 week blocks of GymFit we had a decrease in participation and those who remained were interested in starting an 'Adults gymnastics' class.

For the participants, the sound of GymFit at a gymnastics club seemed to give the impression it would involve more gymnastics skills than it actually did. The regular GymFit participants remained when the session transformed and were still able to access the GymFit programme as well as joining in the gymnastics based skills.

## What were the results?

The change to make the class 'adults gymnastics' bought in a more varied group of people. The GymFit participants found they quite enjoyed trying gymnastics and also found it to be a full body workout without really realising how hard they are working. It has attracted parents, ex-gymnasts, dancers and

people who are into their extreme sports and martial arts. It is fair to say the classes have mostly attracted those who had an interest in gymnastics in the past.

The class consists of a structured warm up and stretch then a weekly run through of 'basic skills'. The rest of the class takes a 'free roam' structure for 45 mins where coaches are available to support and give ideas. We layout routine sheets, GymFit cards, badge schemes for ideas and run through the equipment we have for that week and how it can be best used. We feel that this is part of the reason people come back each week, the combination of freedom to play and coach knowledge available to direct them if needed.

We also made the change to have a set rate for booking the half term in a block and a drop in 'pay as you go' rate. The problem we face now is knowing how to bring in more people. We need to reach a higher level of participation in order to maintain the class and keep it running - those who come every week are keen to see the class succeed and continue.

For more information:

T 0345 1297129

E [information@british-gymnastics.org](mailto:information@british-gymnastics.org)

[www.british-gymnastics.org](http://www.british-gymnastics.org)