

# Developing gym skills

Hutt Valley GymSports runs gymnastics lessons for children as young as two-and-a-half through to competitive gymnasts preparing for National Championships and international events.

Children begin with PlayGym at which they learn basic movement through a programme developed by GymSports NZ with funding from Sport and Recreation New Zealand (SPARC).

From there they advance into the General Programme spending one hour a week developing their skills.

Those on the Competitive Programme spend from seven hours through to 20 hours a week, perfecting their skills to competition standards.

Whatever level your child is at,



one thing is for certain, they'll love their gymnastics and it will be the highlight of their week.

Hutt Valley GymSports is open for lessons Monday to Saturday, then on Sunday the gym is open for birthday parties. These provide a great opportunity for children to try out skills on the apparatus with supervision from one of HV GymSports' coaches, with party food served from the gym kitchen.

One of the advantages of gymnastics as a sport is that it helps children develop skills useful in so many other sports including netball, cricket, touch and rugby.

Enrol your children early, and they will develop skills in balance, rotation and coordination that will give them the edge in other sports they come to later on.

Children have badges to aspire to each year and they learn their skills on a soft foam floor, so the only injury they're likely to sustain if they fall is to their pride.

Call 566-3244 for information on how you can give your child a head start with gymnastics.