

Physical activities and healthy living

Gymnastics

Activity	Ages	When	Where	Accessibility	Contact
<p>Adult trampoline and gymnastics for all abilities Jumping on a trampoline exercises the whole body! It's a fun way to keep fit and active whilst meeting new people.</p>	10+	Fridays 6pm to 7pm	The Luxon Centre East Quay Bridgwater TA6 4DB	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Diane Allen or Quayside Team 01278 458 060 quaysidetgc@aol.com https://www.quayside.club/
<p>Gymnastics Make friends & have fun at The Academy of Gymnastics. Drop-in sessions, Birthday parties and Holiday Camps.</p>	0 to 18 years	Monday to Sunday 9am to 9pm	The Academy Of Gymnastics 1 Harbourmead Harbour Road Trading Estate Portishead Bristol BS20 7AY	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	The Academy of Gymnastics 01275 840 077 admin@thegymacademy.co.uk https://thegymacademy.co.uk/

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Gymnastics Recreational gymnastics	6 months +	Monday to Friday evenings for recreational, adults and competitive. Weekdays for pre-school and weekends for all ages	Unit 6 Blackfriars Road West End Trading Estate Nailsea BS48 4DJ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Sarah Houston 07492 667 662 Geminigym69@gmail.com www.geminigymclub.com
Gymnastics for all abilities Ever wanted to get fit while learning somersaults, flips and becoming flexible? Gymnastics is fun, rewarding and you make friends for life.	18+	Tuesdays 7pm to 8pm Wednesdays 1pm to 2pm	Clevedon Gymnastics Centre Unit 25 Hither Green Trading Estate Clevedon BS21 6XU	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Lisa 07402 290 304 cvdgym@gmail.com www.cgic.co.uk