

Tiny Tumblers

(Beginners - Under 7s)



Senshin Sports

Dedication | Concentration | Excellence



Why Join this Class?

Tiny Tumblers is a fun, interactive class where young gymnasts explore their potential while developing essential skills. Your child will gain confidence, enhance balance and coordination, and foster a love for movement in a supportive environment that nurtures physical and mental growth. lifelong passion for gymnastics

Class Description

Tiny Tumblers is an exciting beginner gymnastics class designed for young gymnasts aged 4 to 6 years who are embarking on their gymnastics journey. In this vibrant and supportive environment, children will learn essential gymnastics movements while developing key physical skills such as balance, coordination, strength, and flexibility.

Our curriculum emphasizes playful engagement through fun activities and foundational gymnastics techniques. Each session is crafted to build confidence and enhance motor skills, instilling a love for movement and physical activity in young beginners. With age-appropriate exercises and challenges, Tiny Tumblers aims to inspire joy in learning and growth, ensuring every child feels empowered and encouraged in their gymnastics journey.

Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!

Athenry

- Tuesdays & Thursdays at 3:15 PM
- Saturdays at 9:30 AM
- Saturdays at 3:30 PM

Briarhill

- Wednesdays at 6:00 PM
- Saturdays at 10:30 AM

Artistic Gymnastics

(Mixed Level - Under 16s)



Senshin Sports

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Why Join this Class?

Our Mixed Level Artistic Gymnastics classes are engaging and inclusive, allowing gymnasts to progress at their own pace while mastering essential skills. Participants will build confidence, improve strength and flexibility, and cultivate a love for the sport in a nurturing environment that supports both physical and mental

Class Description

Our Mixed Level Artistic Gymnastics classes are an exciting opportunity for children under 10 who are eager to explore the world of gymnastics. In this vibrant and supportive environment, young gymnasts will learn essential movements while developing key physical skills such as balance, coordination, strength, and flexibility.

The curriculum emphasizes playful engagement through fun activities and foundational techniques. Each session is designed to build confidence and enhance motor skills, instilling a love for movement and physical activity in young participants. With age-appropriate exercises and challenges, our classes aim to inspire joy in learning and growth, ensuring every child feels empowered and supported on their gymnastics journey.

Sign your child up today and let them discover the excitement of learning and growing in a fun, supportive environment!

Athenry:

- Thursdays at 4:00 PM: (U8s)
- Thursdays at 5:00 PM: (U9s)
- Thursdays at 6:00 PM: (U10s)
- Thursdays at 7:00 PM: (U12s)
- Saturdays at 10:30 AM: (6-7 yrs)
- Saturdays at 11:30 AM: (7-10 yrs)
- Saturdays at 12:30 PM: (7-10 yrs)
- Saturdays at 1:30 PM: (9+ yrs)
- Saturdays at 4:30 PM: (7-12 yrs)

Briarhill

- Wednesdays at 6:00 PM: (U12S)
- Fridays at 5:00 PM: (U12S)
- Saturdays at 11:30 AM: (U12S)

Rhythmic Gymnastics

(Mixed Level - Under 16s)



Senshin Sports

Dedication | Concentration | Excellence



Why Join this Class?

Rhythmic Gymnastics is a vibrant, engaging class where young athletes unlock their potential while honing essential skills. Your child will build confidence, improve flexibility and coordination, and cultivate a love for movement in a nurturing environment that promotes both physical and mental growth, fostering a lifelong

Class Description

Rhythmic Gymnastics is an engaging class tailored for young athletes aged 6 to 16 who are starting their gymnastics journey. In this vibrant and supportive setting, participants will learn essential rhythmic movements while developing key physical skills like flexibility, coordination, strength, and balance.

Our curriculum focuses on playful engagement through enjoyable activities and foundational rhythmic techniques. Each session is designed to build confidence and enhance motor skills, instilling a love for movement and fitness in young gymnasts. With age-appropriate exercises and challenges, Rhythmic Gymnastics inspires joy in learning and growth, ensuring every child feels supported and motivated throughout their gymnastics journey.

Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!

Athenry

- New Classes coming soon

Briarhill

- Wednesdays at 5:00 PM: (U12S)
- Wednesdays at 7:00 PM: (U16S)
- Fridays at 6:00 PM: (U14S)
- Saturdays at 12:30 PM: (U12S)

GYMSTART FOUNDATIONS

(Level 1 & 2 - Under 16s)



Why Join this Class?

GymStart Foundations is an engaging class where gymnasts advance their skills while developing strength and flexibility. Participants will gain confidence, enhance fitness and coordination, and foster a passion for movement in a supportive environment that encourages both physical and mental growth, inspiring a lifelong love for gymnastics.

Class Description

GymStart Foundations is a Progression class tailored for gymnasts aged 6 and older who have completed at least 6 months in our mixed-level recreational classes. In this focused and supportive environment, participants will refine their gymnastics skills while developing key physical attributes such as strength, flexibility, and coordination.

Our curriculum emphasizes hands-on engagement through targeted activities and foundational techniques on various apparatus. Each session is crafted to build confidence and improve fitness levels, instilling a love for movement and gymnastics in every participant. With age-appropriate challenges and individualized coaching, Rec 2 Progression inspires a joy for learning and growth, ensuring each gymnast feels empowered and motivated as they advance in their gymnastics journey.

Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!

Athenry

- Tuesdays at 4:00 PM: L1&L2 - Invite Only
- Fridays at 3:30 PM: (U9s) Invite Only
- Fridays at 5:00 PM: (9+) Invite Only

Briarhill

- New Classes Coming soon

GymStart Squad

(Level 1 to 7 - Under 16s)



Why Join this Class?

Our Squad sessions are designed for dedicated gymnasts preparing for Gymnastics Ireland Gymstart competitions. Participants will refine their skills and build strength while working toward specific competition goals. In a focused environment, gymnasts will gain confidence and discipline through targeted training on floor and vault, inspiring a passion for gymnastics that lasts a lifetime.

Class Description

Our Squad sessions are specialized classes aimed at preparing gymnasts for Gymnastics Ireland Gymstart competitions. These invite-only sessions are organized by levels, focusing on the specific skills required for each competition level. Participants will enhance their gymnastics abilities through targeted strength training, flexibility exercises, and skill stations.

Each session emphasizes routine work, helping gymnasts build confidence and discipline while they work towards achieving their skill goals. With practice on both floor and vault, participants will develop a strong foundation that fosters growth in their gymnastics journey.

Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!

Athenry

- Tuesdays at 5:30 PM: L2&L3 - Invite Only
- Tuesdays at 7:00 PM: L3&L4 - Invite Only

Briarhill

- New Classes Coming soon

JumpSTART Squad

(All Levels - Under 16s)



Why Join this Class?

Jumpstart Squad is designed for dedicated rhythmic gymnasts preparing for Gymnastics Ireland JumpStart competitions. Participants will refine their skills, enhance strength and flexibility, and work toward specific competition goals. In a focused and supportive environment, gymnasts will develop confidence, discipline, and artistry through targeted training with apparatus such as ribbons, hoops, and balls—nurturing a passion for rhythmic

Class Description

Our Squad sessions are specialized classes designed to prepare rhythmic gymnasts for Gymnastics Ireland GymStart competitions. These invite-only sessions are organized by levels, focusing on the specific apparatus skills required for each competition category. Participants will enhance their performance through targeted strength and flexibility training, apparatus handling drills, and choreography development.

Each session places a strong emphasis on routine practice, helping gymnasts build confidence, precision, and artistic expression while working towards their competition goals. With focused training using ribbons, hoops, balls, and ropes, participants will develop the technical and performance skills that form a strong foundation for continued success in rhythmic gymnastics.

Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!

Athenry

- New Classes Coming soon

Briarhill

- Saturdays at 12:30PM: (U16s) Invite Only