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Olympic star helps launch children's gymnastics and ninja club in Epsom

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Children in Epsom will have a new opportunity to try gymnastics, parkour and free running when a community sports club opens at Blenheim High School in September.

Gymfinity Kids is launching gymnastics and "ninja" classes for children aged from two to 14, with an introductory opening weekend taking place from Friday 4 to Sunday 6 September.

Olympic medallist and former Commonwealth Games champion Beth Tweddle MBE, who designed the organisation's gymnastics programme, will support the launch by visiting schools in the Epsom area.

The new club will run one-hour sessions intended to help children develop physical skills, confidence and an enjoyment of exercise, regardless of their previous sporting experience.

Its ninja classes combine elements of parkour and free running, while the gymnastics programme introduces children to the core skills of the sport. Sessions will be led by trained coaches.

Inspiring children to get moving

Beth Tweddle said: "I'm really excited to be bringing Gymfinity Kids' gymnastics and ninja classes to Epsom and creating more opportunities for children in the area to get active and try something new.

"Whether they're discovering gymnastics for the first time, giving ninja a go, or simply finding a new way to move and have fun, I want every child to feel welcome and encouraged to explore what they're capable of.

"Community clubs like this are a fantastic way to make activity more accessible to children and families, while giving children the opportunity to build confidence, learn new skills and find something they really enjoy.

"I'm looking forward to visiting schools in the area and helping inspire the next generation to get moving."

Tweddle won bronze on the uneven bars at the London 2012 Olympic Games and was a three-time world champion. Her career also included Commonwealth Games gold medals for England.

Five community clubs in the area

The opening will bring the number of Gymfinity Kids community clubs in the wider area to five. The company also operates purpose-built centres in Bracknell and Walton-on-Thames.

Paul Kirwin, chief executive of Gymfinity Kids, said: "We're passionate about making it easier for children to get active and discover a sport that they enjoy, which is exactly what our community clubs are designed to do.

"Our new Epsom Community Club will give children the opportunity to try something new, develop physical skills and build confidence in a fun and supportive environment.

"Whether they discover a passion for gymnastics or ninja, or simply find a new way to enjoy being active, we want every child to feel that sport is for them."

The club will be based at Blenheim High School, Longmead Road, Epsom, KT19 9BH.

Further information and booking details are available from the Gymfinity Kids Epsom club page and its online timetable.

Sam Jones – Reporter

Photo: Beth Tweddle with a child

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