

# Jazzy Gym



*“Gymnastics is an amazing sport and I’ve learnt lots of tricks.”*

*Sophie, age 9*

Gymnastics helps:

- \* make your body more flexible.
- \* you learn new moves
- \* you make friends
- \* gives you a goal to achieve
- \* you feel the rush of competitiveness

**For more information visit:**

**[WWW.gymnasticsinbritain.co.uk/getinvolved](http://WWW.gymnasticsinbritain.co.uk/getinvolved)**