CHECKLIST

Finding the right gymnastics discipline

- [ ] Search the British Gymnastics club finder by postcode and discipline
- [ ] Contact clubs to ask about beginner classes and trial sessions
- [ ] Visit during an open session or watch a class
- [ ] Ask about coach qualifications and insurance
- [ ] Book a trial in the discipline that interests you most
- [ ] Attend the trial with an open mind and notice which movements feel natural
- [ ] Try a second discipline if the first does not feel right
- [ ] Sign up for a block of classes once you've found the discipline that suits you