

Watford Gymnastics Adult Gymnastics

Our adult gymnastics classes are semi structured. Our coaches will set up different stations, you are more than welcome to join them or you can work on things you would like to. Either way our coaches are there to help.

Your first session is free of charge to see if it is something you would like to continue with. If after this you would like to continue you will need to create an account and set up an automated card payment on our Class for kids booking system. Like the name says, this system is built for children so you will need to put yourself as a parent and then a child. However, you will need to put a next of kin as an emergency contact. The payment for adult gymnastics is £20 per month and it comes out on the 1st of every month. So depending on when you start you may need to pay the first part payment in cash.

There are 3 adult classes a week, Monday and Thursday 8-9 and Saturday 4-5. However we do close for 2 weeks over Christmas and the days in the school holidays change to Monday, Tuesday and Wednesday 8-9.

If for any reason you would like to stop your membership, you will need to send us a quick email for us to cancel it. It will need to be 48 hours before the 01st of the next month.