



# Post-primary Gymnastics Workshops

A review of current skills and a focus on sequencing and vaulting.

This workshop will firstly review and revise the skills associated with rolling, weight transference and balance.

It will then move on to explore the concept of 'vaulting'. The teaching points of vaulting and landing will be addressed with a focus on how to easily incorporate these skills into a gymnastics class.

All of this will be done through an overarching theme of sequencing and performance.

VENUE	EDUCATION CENTRE	DATE	TIME
Athlone Gymnastics Club, Monksland	Athlone	17/10/2016	7 to 9pm
The Mall Complex, Longford	Carrick on Shannon	12/10/2016	5 to 7pm
Colaiste Muire, Ennis	Clare	20/10/2016	6 to 8pm
Largy College, Clones	Monaghan	05/10/2016	4.30 to 6.30pm
Presentation Brothers Cork	Cork	25/10/2016	5 to 7pm
Colaiste Ailigh, Letterkenny	Donegal	20/10/2016	6.30 to 8.30pm
St Declan's College, Cabra	Drumcondra	18/10/2016	4.30to 6.30pm
Colaiste de hIde, Tallaght	Dublin West	10/10/2016	4.30to 6.30pm
Dominican College, Taylors Hill, Galway	Galway	13/10/2016	7 to 9pm
St Bridgets College, Callan	Kilkenny	13/10/2016	7 to 9pm
Sacred Heart School, Tullamore	Athlone	13/10/2016	5 to 7pm
Ardcoil Ris	Limerick	13/10/2016	5 to 7pm
St Marys Secondary School, Ballina	Mayo	16/11/2016	6 to 8pm
Loreto Navan	Navan	26/10/2016	5 to 7pm
Ursuline College Sligo	Sligo	17/10/2016	5 to 7pm
St Brendan's College, Killarney	Tralee	26/10/2016	5 to 7pm
Mercy Secondary School	Waterford	10/10/2016	7 to 9pm
Presentation Secondary School, Thurles	Kilkenny	24/10/2016	5 to 7pm
Kinsale Community School	West Cork	24/10/2016	5 to 7pm
Creagh College, Gorey	Co. Wexford	12/10/2016	7 to 9pm

Register to attend one of these workshops at [www.pdst.ie/onlinebooking](http://www.pdst.ie/onlinebooking)