

Ennis Gymnastics Club

Schools Programme & School Tours

At Ennis Gymnastics Club, we believe every child should be a participant — not just an observer! Gymnastics is a foundation sport that builds agility, balance, coordination, confidence, and teamwork — skills that benefit every child in life and in all other sports.

Whether you're looking for a one-day school tour or a curriculum-based gymnastics programme, our qualified coaches provide safe, structured, and engaging sessions in our state-of-the-art facility in Ballymaley Business Park, Ennis.

What We Offer

- **School Tours (All Year Round):** Fun, active sessions tailored to suit your class and age group.
- **PE Curriculum Programmes:** 6–8 week programmes designed to meet the Department of Education's PE requirements.
- **Inclusive for All Abilities:** Focus on movement, coordination, balance, and confidence.
- **Qualified Coaches:** Experienced professionals with over a decade of school and club-level coaching.
- **Safe, Fully Equipped Gym:** Featuring sprung floor, beams, bars, vault, air track, trampet, and soft play areas.

Why Choose Gymnastics?

Gymnastics is the foundation of all sports — developing essential movement skills, body control, flexibility, and strength. It encourages perseverance, focus, and teamwork while promoting confidence and fun through physical activity.

Sample Class Plan

Warm-Up & Stretching	10–12 minutes
Bars, Beam & Floor Circuits	25 minutes
Cool Down & Group Reflection	5–8 minutes

Book Your Visit

We welcome school groups throughout the year. Pricing varies depending on group size and duration.

Phone: 086 272 6662

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Celebrating 30 Years of Building Confidence Through Movement
"Strive to be the best you can be."