

ALL THE WAY UP GYMNASTICS

WELCOME GYM

Giving those people with intellectual and/or physical disabilities an opportunity to experience gymnastics in a safe and supportive environment

OUR VISION

Our club is founded on the principles of inclusivity and support, aiming to create a welcoming space for individuals of all abilities. One of our proudest initiatives is our dedicated disability programs, designed to empower and uplift every participant, regardless of their background or physical capabilities.

HOW IT WORKS

Participants will be given an opportunity to explore the area prior to the commencement of the lesson. Our qualified coaches will facilitate an interactive warm-up and stretch for participants and support workers followed by guidance through individual apparatus stations.

BENEFITS

Tailored Instruction

Our highly skilled coaches have extensive experience in adapting gymnastics exercises to accommodate various needs. Through personalized attention and specialized techniques, we ensure that every participant can enjoy and benefit from the program.

Physical and Emotional Wellbeing

Engaging in gymnastics promotes strength, flexibility, balance, and coordination - vital aspects for overall physical health. Additionally, the sense of accomplishment and camaraderie found within our club greatly contributes to mental and emotional well-being.

Inclusive Community

At All The Way Up Gymnastics Club, we understand the importance of a supportive community. Our members and coaches actively foster an environment of understanding, respect, and encouragement. This sense of belonging is at the heart of our club's ethos.



WHEN

WEDNESDAY
11AM-12PM

WHERE

6 POWELLS ROAD
BROOKVALE



CONTACT US

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