

# What's on – Edinburgh Leisure's Annual Gymnastics Display

Tickets go on sale on 14 November 2016 for the Annual Gymnastics Display organised by Edinburgh Leisure at Meadowbank Sports Centre.



Gymnastics Development Officer Laura Nimmo said: "Gymnastics and trampolining are a great way to provide a healthy and active lifestyle. They have many benefits and help children to gain strength, stamina, balance, coordination, flexibility as well as self-confidence".

"This annual event gives the children with Edinburgh Leisure's coaching programme the opportunity to showcase what they have been working so hard on throughout the year. In addition, it allows them to see performances of all levels and inspires them to reach for the stars, or maybe even that gold, silver or bronze medal in the future."

As well as featuring over 15 performances from Edinburgh Leisure gymnastics and trampoline clubs, there were also special guest appearances from clubs across the region, including City of Edinburgh GC, Meadowbank GC, Gracemount Ibex GC, Jack Kane GC, Kestrel GC, Enigma GC, West Pilton Neighbourhood Centre Gymnastics, East Kilbride GC and Edinburgh Spirals Trampoline Club.

Tickets are on sale from 14 November at: [www.ticketsource.co.uk/edinburghleisure](http://www.ticketsource.co.uk/edinburghleisure) and cost £5 each (under 5's free). Doors open at 8.45am, with the display starting at 9.00am. There will be a morning and afternoon display. Check on Edinburgh Leisure's website for specific

details.

The event takes place on 10 December 2016 at Meadowbank Sports Centre.

For more information on gymnastics' classes at Edinburgh Leisure, visit their website: [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk) and get inspired.