

SAFETY IN THE GYM

For your child's safety these rules must be followed to allow participation in the classes

Strictly no jewellery/earrings may be worn at any time during classes. This is the policy of British Gymnastics who operate 'zero tolerance' towards the wearing of jewellery by any age gymnast or coach. The only exception to this is newly pierced ears which can be taped.

Participants should wear suitable clothing to take part.
No jeans, dresses or skirts, no tops with hoods.
No zips, buttons, buckles, tassels or belts.

T-shirts and shorts/leggings/jogging bottoms are best for first 2 weeks then leotards or leotard & shorts thereafter.
No socks to be worn for Gymnastics classes, however, they must be worn for trampoline classes.
All shoes to be left outside of the training area.

Hair must be tied back.

Please listen and abide by the advice given by the coaches at the start of, and during, each class.

No food or drink to be taken into the training area.



Seeing the potential in every child

Easter Holiday Gymnastics classes 2017

Brinkley Grove Road, Myland,
Colchester, Essex, CO4 5DS

01206 844188

info@colchestergymnastics.com

www.colchestergymnastics.com

Charitable Incorporated Organisation No: 1154320

Why Gymnastics?

Gymnastics is an excellent sport for developing and improving general fitness, flexibility, strength, core stability and stamina. It also helps develop body awareness and personal discipline. Most importantly, it is a fun and a social sport in which to take part. The fitness and personal awareness developed in gymnastics can also work as a good basis for almost all sport.

Class Details

Beginners Gymnastics- £15.00- Age 4 (in full time school from Sep 16) to 13

The gymnasts will learn basic gymnastics skills for 2 hours. They will train in groups of a maximum 8 children to 1 coach. We will group them with similar age children and we will do our best to group boys and girls separately. During the two hours we will aim to take the gymnasts on as many different pieces of apparatus as possible.

Gym Taster- £7.00- Age 4 (in full time school from Sep 16) to 13

This is very similar to the beginners gymnastics but will run for 1 hour. Designed to give the gymnasts a taste of how our recreational classes run.

Gymnastics Fun Day- £30.00- Age 4 (in full time school from Sep 16) to 13

This class will run from 11am-3pm. The itinerary will be:

11-1- A gymnastics class which will run very similar to the beginners gymnastics class shown above.

1:00-1:30- Lunch- please bring this with you.

1:30-2:00 -Gymnastics colouring competition to allow their lunch to digest.

2:00-3:00- Party- this will include some structured games and free play. We will also include a treasure hunt. This will include edible prizes.

Trampoline Taster Sessions- £6.50- Age 4 (in full time school from Sep 16) to 16

An hour of trampolining for a maximum of 6 children. They will learn the basic trampoline skills as recommended by British Gymnastics. **Trampolinists must wear socks** and wear no buttons, zips or denim. Dresses and skirts should also not be worn.

Structured freestyle- £10.00- Age 6 to 9

This will be a fully structured freestyle gymnastics class running for 1 hour and 30mins.. It will incorporate basic gymnastics skills, parkour and free running. There will be a maximum of 10 children booked onto the class.

Break Dance- £7.00- Age 4 (in full time school from Sep 16) to 16

Our break dance instructor Isaac will be teaching the children a break dance routine that the children will be able to show you at the end of the lesson.

This class runs for 1 hour and 30mins.

Break Free- £10.00- Age 8-16

This class is a combination of our structured freestyle class and our break dance class. This will be ran by Isaac and will last for 1 hour 30mins.

Family Gym- £5.00 per adult & £1.00 per child (must be at least 4 and in full time school from Sep 16)-

An hour of fun for all the family. This class will be fully structured and is aimed at adults and children learning the same gymnastics skills together. All adults must be accompanied by a child.

Family Conditioning session £2 per person

This session is focused purely on strength and conditioning. All family members welcome as long as any children are at least 4 and in full time school from Sep 16. The session will run for 30 mins.

Bookings

When booking the fun day please inform us if your child has any food allergies as there will be edible prizes for the Treasure hunt. Bookings can only be made online, in person or on the phone with full payment.

Please see full timetable attached.