

# 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.*

*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 or leotard & shorts if you prefer. No socks to be worn for Gymnastics classes. But will be needed 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.*

## **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.**

**Please see full timetable attached.**

**Bookings can only be taken with full payment.**

**Bookings can be made via a link on our website or by calling 01206 844188.**

**NO BOOKINGS NECESSARY FOR OPEN GYM, PAY AT RECEPTION WHEN YOU ARRIVE.**



*Seeing the potential in every child*

# February Half Term Holiday Programme 2018

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

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*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

#### **1 hour Gym Taster £7.50 and 2 hour Gym Taster £15- Age 4 (in full time school from Sep 17) to 13**

The gymnasts will learn basic gymnastics skills for 1 or 2 hours. They will train in groups of a maximum 9 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 session we will aim to take the gymnasts on as many different pieces of apparatus as possible.

#### **Gymnastics Fun Day- £30.00- Age 4 (in full time school from Sep 17)**

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

**11-1-** A gymnastics class which will run very similar to the beginner's 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 17) 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- Age 8 to 14**

This will be a fully structured freestyle gymnastics class running for 1.5 hours. It will incorporate basic gymnastics skills, parkour and free running. There will be a maximum of 10 children booked onto the class.

#### **Breakdance- £10.00- Age 8 to 14**

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 1.5 hours.

#### **Adult gymnastics class- £7 Age 16+**

This will be a fully structured class for a maximum of 10 adults. The session will be run by Jess who is our adult gymnastics squad coach.

#### **Open Gym £4.50- Age 4 (in full time school from Sep 17) to 13**

This is an unstructured free play session which you do not need to book for, the sessions last for 2 hours and you can come and go as is convenient for you. A parent/carer is required to stay in the gym with the children. There will be a coach on hand to give advice and to help the children.