

# Latchmere Leisure Centre

## Gymnastics Information Guide

Following the British Gymnastics Award Scheme all gymnasts' work towards individual stages while keeping fit and having fun in a friendly and safe environment.

All Coaches are members of the British Gymnastics Association (BGA) and as such are fully qualified in General Gymnastics and Sports Acrobatics.

STAGE/ GROUP	Day	Time	Age	£ Per Session
REC Group 1	Wednesday	4.30 – 5.30pm	6 – 8 Years	Non member £7.00 Member £5.83
REC Group 2	Wednesday	5.30 – 6.30pm	6 – 8 Years	Non member £7.00 Member £5.83
REC Group 3 & 4	Wednesday	6.30 – 7.30pm	9 Years plus	Non member £7.33 Member £6.00

### Recreational Group 1 Beginners

This class is a basic introduction for children who have not participated in any or little gymnastics before. Structures programme will consist of floor, beam, bars and vault.

### Recreational Group 2 Intermediates

This class is for children who have a general background in gymnastics and have participated in gymnastics before. Structured programme will consist of floor, beams, bars, vault, DMT and tumbling.

### Recreational Group 3 Advanced

This Class is for gymnasts who have a good understanding and good gymnastics ability to produce advance moves and skills. Structured programme will consist of floor, beams, bars, vault, DMT and tumbling.

### Recreational Group 4 Advanced Development

This class is for gymnasts who have excellent understanding of gymnastic skills and will be working on more advanced floor, vault and tumbling. A structured programme will consist of floor, beams, bars, vault, DMT, tumbling and acrobatics sports.

### Trampolining

Courses running Saturday afternoons for 5 years and above no previous experience required. Book your place via reception.

## Award Schemes

New Proficiency Awards 8, 7, 6, 5, 4, 3, 2, 1 (age 6+)

Bronze, Silver & Gold in Floor, Vault & rebounds; Pairs; Hand apparatus & Dance (age 9+)

Sports Aerobic Badges Bronze, Silver and Gold (age 6+)

## Club Rules

1. Be Punctual
2. Wear the appropriate clothing. Girls in leotards and Boys in white shirt and blue shorts. All Activities are done bare foot.
3. Go to the toilet BEFORE the class
4. Do not use to apparatus or equipment without permission from your coach.
5. All Long hair MUST be tied back off the face.
6. No Jewellery, including watches, belly bars, necklaces and No nail extensions
7. No Outdoor shoes should be worn on any apparatus/ equipment
8. No eating, drinking or chewing on the matted area or apparatus
9. No gymnast is permitted to leave during the class unless a coach/ admin desk is informed first.
10. When leaving the sports hall be considerate of other centre users.
11. Do not leave valuables lying around and ensure you take your entire belongings home with you.

## For Visitors

If parents, escorts and friends are staying to watch, please be considerate to the gymnasts and coaches, your presence can be a distraction.

Please stay off the gymnastic floor area and other areas of the sports hall.

Whilst parent feedback is encouraged, parents are asked to discuss any issues at the beginning or end of the class. Interruptions are not only off putting for the coaches but the gymnasts too.

Photography and filming is NOT PERMITTED in the sports hall without prior arrangements with either the head coach or the Leisure Centre Management.

