

# INFORMATION RECREATIONAL / GENERAL GYMNASTICS

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## Recreational Gymnastics Information

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### What we offer

We offer classes suited for boys and girls who are 2.5 years old and above.

Each class has an action-packed curriculum that focuses on skill progressions, conditioning, and flexibility training.

We pride Hart Gymnastics on being able to offer gymnastics to every child regardless of their experience. From beginners to competitive gymnastics, we can find a class to suit your child.

### Recreational / General gymnastics

#### **PRE-SCHOOLERS - 2.5-4 years old**

These classes are suited for boys and girls who are 2.5-4 years old and are a great way to introduce kids to the world of gymnastics. Our pre-school sessions are running as child only sessions. New gymnasts may have their parent stay for the first 2 weeks after this time we ask the parents to leave, so that the gymnasts can enjoy their class independently. If your child is 3 or under, you may stay in the session and maybe require to assist your child during the class.

Please note all children must be toilet trained to attend sessions/ parent must stay on site incase your child needs assistance in the toilet.

#### **RECREATIONAL GYMNASTICS - 5-9+ years old**

Recreational gymnasts also known as general gymnastics. Train 1 hour a week focusing on the basic gymnastics skills and having fun while keeping fit! Aimed at boys and girls from 5-9+

#### **IAC SPORTS AEROBICS - 5+ years old**

We offer an introduction to aerobics course for 5-9 year olds.

Sports aerobics is a high impact, high intensity sport which combines strength, flexibility, agility and dance together performed to music. It is a competitive sport that takes place on a wooden floor in trainers, either as an individual or a group. Every gymnast that attend this class will be offered a chance to compete in local competition in groups of 3 or more with their fellow team mates.



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## General class layout

*Class layouts may vary, and Hart Gymnastics reserve the right to run/ change the class layouts as they see fit.*

### General class layouts are as follows:

**Cardio warm-ups**- This will involve your child raising their heart rate and preparing themselves mentally and physically for sport. Warm up styles will vary and may include games, races, dance or conditioning.

**Warm up stretch** – Once the gymnasts are physically warmed up a qualified coach will guide them through a stretch. Depending on age and level this process may involve splits. We expect children to be at different levels and flexibility stages. But will encourage all children to try their best.

(The warmup is the most important part of a gymnastics session as it prepares the children for sporting activities and reduces the risk of injury. It is imperative that children join in with this section of the session. Children who are late or refuse to warm up will not be allowed to participate in the session. For their own health and safety.)

**Basic Gymnastics Floor skills** - Excluding Preschool sessions. All recreational/general gymnastics sessions will take part in basic floor skills training, either at the beginning or end of each session. This is a group activity which is coach lead where gymnasts will complete skills such as forward rolls, backward rolls and cartwheels. These skills will be repeated each week. Depending on age other skills may be added to the basic floor skill section. These skills may also be repeated as part of the main apparatus section of the session to practice and perfect so that gymnasts can build upon these.  
– Pre-school gymnasts practice their basic skills as part of their apparatus section of the session due to their concentration levels.

**Apparatus** – All gymnasts will complete 2-3 different apparatus each week. Apparatus include Floor, Air track, Bars, Beam and Vault. Along with supplemental apparatus, such as trampette and springboard work. On occasion coaches may decide to conduct a skill specific session where all gymnasts will concentrate on a specific skill or apparatus. On these sessions gymnasts will only use the appropriate apparatus to perfect the specific skill. These are normally harder skills.

**Badge weeks** – During badge weeks gymnasts will concentrate on the badge skill requirements and may not go on apparatus.

**Cool down**- All sessions will finish with a cool down before dispersal for home time.



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### Grouping

Children are grouped due to many different factors these may include but are not limited to age, ability, ratios and personality. We will not group siblings or friendship groups as a priority. The reason for this is we encourage all children to interact with all children within the session and encourage personal development to make new friends and people. We also find that concentration and progression is often hindered by specifically grouping family/ friendship groups.

### Progression

At Hart gymnastics club we have various progression routes within the club and within each class structure.

Skills testing - Gymnasts will complete skill testing during the Spring and Autumn terms. Skills are tested on a specific apparatus each term. Gymnasts will work through different apparatus and level during their time at the club. On successful completion of each level gymnasts receive a medal and certificate. Please note badge weeks are published on the termly letter, if gymnasts do not attend this session, they will not complete their skills test that term and will not receive a medal or certificate. If a gymnast is at a higher level, this may take a few terms to pass.

Competitions – We offer an internal competition every year, information regarding this will be published on the termly letter. This is optional and charged at an additional fee. But a great opportunity for our recreational/general gymnastics to experience competitive gymnastics.

Squad opportunities – Where possible, we will hold an open squad trial, these are often held in the Autumn term but will vary year to year depending on the squad yearly schedule. Please check newsletters and our social media pages to see dates and details. We also have head coaches check for potential squad talent each term. We have various branches in our squad section such as:

Artistic Gymnastics (Train 5- - 7 hours per week over 3 days- Females)

Aerobics Gymnastics (Train 5.5 hours a week over 3 days- Female & Male)

Floor & Vault Team (Train 1.5 hours a week over 1 day – Female & Male)

(More information on days and time can be found on our website under [training hours](#) .)



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## Attire

Please ensure all long hair is tidied away from face.

No jewellery is worn.

Leotards or sport appropriate attire is worn for gymnastics.

Please refrain from sending your child to gymnastics in the following –

- Tights
- Tutus
- Crop tops
- Jean
- Skirts

## General Reminders

Gymnasts should be dropped off and picked up by a responsible adult. Gymnasts are not allowed to walk out into the car parks. You must collect them via the exit door.

Please be reminded that we operate a one way system for entry and exit. Entry is at the back of the sports hall, access from the school sports field and exit is at the front entrance of the sports hall.

No cars must be left or parked at the roundabout. Please use car park on the right-hand side of entrance. Please do not use the small car park on the left of the entrance by exit door as this is for staff only!

Please be reminded that no dogs or animals are permitted on site.

Gymnasts who have newly pierced earrings must come to gymnastics with their ears already covered.

Failure to have correct and current British gymnastics insurance will result in gymnasts not being able to participate in sessions.

Coaches have the right to refuse entry to any gymnasts that is more than 7 minutes late for session.

Please encourage gymnasts to visit the toilet before attending gymnastics.

Please ensure your child is in sports appropriate attire and please send a suitable jumper ideally without a hood for the colder months. We do ask that gymnasts do NOT wear crop tops to gymnastics as this makes it difficult for coaches to support them.



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If your child has hair longer than the bottom of their ears, we require them to tie their hair back for gymnastics.

Please be reminded that during school exam periods gymnasts will take part in the small gym which is accessed by the school sports field and is the 3<sup>rd</sup> building along. Dates of these sessions will be on our social media pages.

For existing members - No Refund will be issued once the session has begun. If your child does not wish to continue at Hart GC, we request you email [info@hartgymnastics.org.uk](mailto:info@hartgymnastics.org.uk) so that the space can be offered to another child.

New Gymnasts - if your child does not wish to continue, you can claim a refund for the term within 48hrs, this will be minus the cost of the first session. If after the second session, your child no longer wishes to participate they have an additional 48 hr period but will only receive 50% refund. After this, there will be no refund issued, we request you email [info@hartgymnastics.org.uk](mailto:info@hartgymnastics.org.uk) so that the space can be offered to another child.

Preschool Session - can attend 2 sessions and then 48hrs notice for refund minus the 2 sessions. On their 3<sup>rd</sup> session and within 48 hr period if your child does not wish to participate, you will only receive 50% refund.

Facebook: Facebook is one of our key communication portals, please like our hart gymnastics club Facebook page. We will post updates on here and reminders, if there are any changes to the schedule etc. As well as advertising upcoming events and sharing picture of what we do in class. Feel free to share anything we post and share our posts with your friends.

Emails: Please save [info@hartgymnastics.org.uk](mailto:info@hartgymnastics.org.uk) as a safe sender on your emails as sometimes our emails end up in junk or spam boxes. By doing this we can make sure everyone knows the information given.

### Useful links

British Gymnastics membership/ Insurance: <https://www.british-gymnastics.org/memberships>

Uniform online shop: <https://www.hartgymnastics.org.uk/shop>

Useful documents: <https://www.hartgymnastics.org.uk/club-documents>

Facebook: <https://www.facebook.com/hartgymnastics>