

# NEWSLETTER

September 18th 2021



## NEW! Baby gymnastics classes start next week

We are delighted to announce the launch of our new baby class, Tadpoles. Starting on Monday September 20th at 11.30am and costing just £17.50 per month.

Come and meet other parents/carers and spend some quality time with your little one as they explore and play on our fun equipment. Sessions are 30 minutes long and one of our lovely coaches will be on hand providing advice to help you get the most out of this precious time.



## Vault and Floor competition CLOSING DATE FOR ENTRIES: 1ST OCTOBER

Taking place on the 31st October, this is a great opportunity to see the progress your gymnasts have made. It isn't compulsory, but everyone is encouraged to attend, and the day will be an inspiring celebration of our club and it's members.

It costs £7 to enter. Look out for an email with all the entry details shortly.



## Meet the Coach: Vicky

Looking for a fun and bubbly coach with military style organisational skills? Vicky tells us all about her gymnastics journey:

"I started Gymnastics when I was 8 years old at Horsham Gymnastics Club. I travelled up and down the country in various competitions and was Sussex Champion in 1998. I then stopped artistic and went into Acro. I was in a girls trio and a mixed pair, again I competed in competitions up and down the country and even went on an exchange to America. I moved house and was a junior coach at Bulmershe Gymnastics Club, before joining the military at 16. With the military I've travelled to numerous places and been posted to different camps. I met my husband and had my two children and decided when I was posted to Brize that I would start coaching again. I contacted Debbie to ask if I could come along for a visit and the rest is history! I absolutely love coaching and seeing the children grow in confidence. My aim is to coach full time when I leave the military."



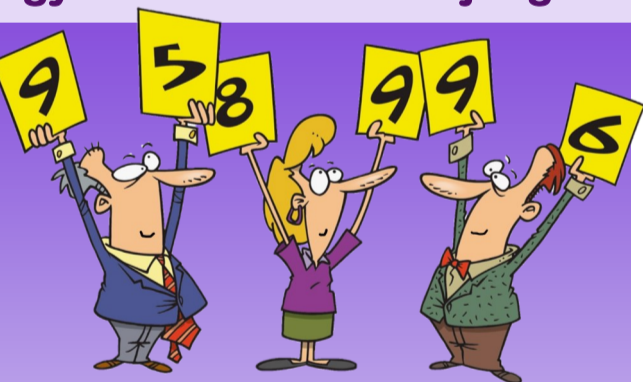
**Fun Fact:** Cucumber sandwiches anyone? Vicky has met the Queen no less than 3 times!



## A note about Assessments

As I'm sure you will have seen, gymnasts undergo continuous assessment towards their British Gymnastics certificates during their classes. This helps to challenge the gymnasts in a particular way but forms only a small part of the work they do and the progress they make during their class. We are always looking to work with and progress gymnasts to reach their potential.

## Ever fancied being a gymnastics coach or judge?



The club is continuing to expand and we are always looking for more coaches, judges and helpers. Whether you have qualifications, previous experience, or have never done anything related to gymnastics before, if you are interested, we would love to hear from you.

Judging is a challenging and rewarding thing to get involved in and without our judges our gymnasts would not be able to compete in competitions with other clubs. British Gymnastics run short courses to qualify as a judge. Please talk to us if you are interested.

## Places still available in our adult classes

Come and train at one of our friendly adult classes. Whatever level you are, from complete beginner to ex-Olympian, we would love to welcome you. Come for a look around and a chat!

## Helping you choose the right class for your under 5 year old.....

We offer a wide choice of classes for your under 5's, which may be a bit confusing at first. Here we explain the differences:

**Tumblers** - 12 months plus (pay as you go) £6 per hour. Free-play with parent/carer supervising



**Tadpoles** - 6 months to 18 months. Weekly attendance. 30 minute session, £17.50 per month. Free play on gymnastic equipment with parent. Not structured but with a coach to offer guidance and advice

**Ducklings** - 18 months - 3 years. Weekly attendance. 1 hour session, £34.75 per month. Gymnastics free play with parent. Not structured but with a coach to offer guidance and advice



**Bunny hops** - 3 - 5 years. Weekly attendance. 1 hour session, £34.75 per month. Gymnastics skills with parent. Structured lessons with a coach

**Little Stars** - 4 - 5 years. Weekly attendance. 1 hour session, £34.75 per month. Gymnastics skills without the parent. Structured lessons with a coach



## Come and see us with the Allstar Heroes cheerleaders at Faringdon Rugby Club Family Day

We are looking forward to a fun day with the Allstars on Saturday 25th September from 12.30pm. There will be food and drink stalls and fun things to do for all the family, including a demonstration by the cheerleaders. Please do come and say hello!

## Just a reminder.....

You are now able to book your child's birthday party at The Vault. What better way to celebrate their big day! More details can be found on the website.



# The Vault

[www.cartertongym.co.uk](http://www.cartertongym.co.uk)