

SOUTH DEVON
SCHOOL OF
GYMNASTICS.

The club has been teaching gymnastics for over 15 years and in that time has produced County Champions as well as gymnasts who have represented the region. We have mixed classes for Parent and Toddlers, Pre-School, Recreational and Adults and an invitational group of gymnasts who take part in competitive gymnastics. We are currently situated at The Rotunda, Oldway Mansion Paignton, in the grounds of Singer House but we are working towards obtaining our own premises in the future. We have an excellent coaching team, with all our coaches qualified in accordance with the governing body requirements. We are a British Gymnastics Gym Mark awarded club. The club is managed on a day to day basis



Gymnastics is primarily about co-ordinating body movement. It also involves body and self awareness, basic motor skills, self discipline, listening skills, working as part of a team, managing energy levels, confidence building, colour recognition, number recognition and so the list goes on! As a grounding for all other sports and activities gymnastics is recognised as being one of the best, so even if your child does not pursue gymnastics to a high level the sport can only serve to enhance any other activities for the future. Many of our ex gymnasts go on to success at many other sports.

SOUTH DEVON
SCHOOL OF GYMNASTICS,
THE ROTUNDA, OLDWAY MANSION,
PAIGNTON, TQ3 2TS.

Southdevongym.co.uk
01803 523774
Head Coach/General Manager
Nicci Tucker



TERMS AND CONDITIONS OF SOUTH DEVON SCHOOL OF GYM- NASTICS

1. Applications for enrolment are through and at the discretion of the Manager or Head Coach.
2. Fees are due at the beginning of each term.
3. Notification of prices and changes will be given one month prior to change.
4. Entry to the club is not restricted by Ethnic origin, Religion, Gender or Political persuasion other than as a matter of safety.
5. Numbers of children in each session are determined by the Manager and are restricted only by legal and safety matters.
6. Placement is in consultation with the coaching staff and the decision of the manager is final.
7. All complaints, in the first instance should go to the manager, and if it is deemed appropriate the committee.
8. The decision of the committee is final.
9. Dress codes are in practice at South Devon School of Gymnastics and must be adhered to.
10. South Devon School of Gymnastics has a 'Code of Conduct' operating at the club and this must be adhered to.

CLASSES

Pre-School

Parent and Toddlers for children walking to 3 years, this music and movement based class is suitable for all. Parents/carers stay while children use the apparatus and soft play equipment in a safe environment supervised by qualified coaches. 1 hour mixed sessions of restricted numbers.

Monday, Tuesday and Thursday 10.am to 11.am.

Leap frogs classes run along similar lines but with more structured gymnastic work, Parents/carers leave children for 1/2 the class. 3/4 year old, mixed.

Monday and Tuesday 11.15 am to 12.15 pm.

Acrobats, children now stay without parents/carers and work towards award badges, skill related with movement, hand eye co-ordination and balance key features. These sessions develop gross motor skills and provide a sound base for future gymnastic developments. 1 hour mixed classes.

Monday 1.30—2.30 pm and

Saturday 9.30 am to 10.30 am.

General Gymnastics

Our general gymnastics classes are grouped in age from 5 years to adults, training on a variety of days and times. These sessions also work towards award badges and children learn a wide variety of skills on different apparatus. Gymnasts get a chance to compete at our Club and recreational competitions. There is also opportunity for progress to our Squad classes.

Boys and Girls separate classes.

Boys: Thursday 4.30pm to 6pm and Friday 4.30—6pm

Girls: Monday 5.30pm to 9pm Thursday 6pm to 9pm and Saturday 10.30am to 12 noon.

Competitive.

Gymnasts train between 2 and 4 session per week for 2 or 3 hours at a time, places are by invitation of Head Coach and are constantly under review with selection days held regularly. Our competition girls compete regularly at county level and have competed at regional and national level and represented the County. Coaches are qualified to a high standard.

Tuesday and Wednesday 4.30pm to 9.m., Friday 5.30pm to 9pm. And Saturday 1pm to 5pm.

Fees

We run a system of four 12 week terms, fees are to be paid at the beginning of each term, and are non refundable. The club is closed for 2 weeks at Christmas, 1 at Easter and 1 in the Summer. We offer one free taster session, fees and insurance must be paid after this.

SPECIAL NEEDS.

Our special needs class caters for recreational and competitive gymnasts with a wide variety of special needs. These classes focus on gross motor skills and physical development. The children work in small numbers with experienced and sensitive specially qualified coaches in a safe environment. Our special needs competitive squad compete at national level.

