



Gymnastics at Eastwick Infants Spring 2018

Year 1 & 2 can come and join in the fun!

After-school Gymnastics Club on Mondays in the School Gymnasium! Exclusively for the children at Eastwick School. Please Email Head Coach Stacey to sign up!

startasticgymnastics@gmail.com

Eastwick Beginners Class: 3pm - 4:15pm (£7.50)

Recommended for those who are new to gymnastics or have limited experience and want to try vault, floor, trapeze, rings, ropes, beam, Ribbons and Acro!

Eastwick Advanced Class: 4:15 - 5:30pm (£7.50)

Recommended for those who have a natural flexibility, who can Cartwheel, Forward Roll and Bridge. This class will be working towards the competitions!

15th January to

19th March

(19th February Inset Day)

(12th February Half Term)

8 Week Term

£60.00

- * Talented, Fun and Qualified UK Gymnastics Coaches with experience of teaching all ages
- * Varied lesson plans which work on a variety of moves and equipment
- * The SDF Badgework scheme is a set of Ten badges with different levels of gymnastics moves
- * Badges **motivate** our gymnasts, boost **confidence** and **celebrate** their achievements
- * The opportunity to **compete** in local Surrey Competitions against other schools and clubs
- * Star-Tastic (Saturn V Association) is Accredited to Gold Standard with Active Surrey
- * Coaches are DBS checked, First Aid trained and Insured with UK Gymnastics

Star-Tastic Gymnastics

Star-Tastic gymnasts learn a mixture of gymnastics moves and use a vast range of equipment. We work on Floor moves such as Rolls, Handstands, Cartwheels, Linking Moves, Balances and Acro. There will be different equipment out each week such as Vault, Beam, Ropes, Wall-Bars. Harder classes will progress further. There are two inter-school gymnastics competitions a year that we work hard to enter!

PLEASE DO NOT HAND ANYTHING INTO THE SCHOOL

Places are offered on a First come, First serve Basis. You will receive an email back confirming your gymnasts place in the next term. The email will contain the Enrolment Form and Payment Details. It will also provide an emergency contact form that must be returned prior to the lesson. If your child does not get a place you will get an email telling you which number you are on the waiting list. Should any child not wish to continue after lesson one those on the waiting list will be contacted and offered the place in order.

The class is split into two groups and it is important that you enter your child for the right level for their safety and confidence within a class. Star-Tastic has small Ratios of 1:8 to make sure all our gymnasts get 1-1 time for badge work and harder skills.

