



Lifestyle Gymnastics Academy
Registered British Gymnastics Club

Carniny Primary School
Extracurricular Gymnastics Club

Dear Parent/Guardian,

It has been a pleasure to coach curriculum-time gymnastics lessons at Carniny Primary School this year. We have received some lovely feedback from a number of pupils, teachers and parents expressing their enjoyment of the sessions. Following on from this, we are excited to be running a program of recreational gymnastics sessions in 2020 as an extracurricular activity for pupils who wish to attend.

The extracurricular sessions will lead on from the 4-week programme that pupils followed in their curriculum-time P.E. classes and will include activities to develop all aspects of fitness such as strength, flexibility, coordination, agility and power. Handstands, cartwheels, rolls, bridge, jumps, spins and much more will be taught and developed. The sessions will be suitable for beginners through to those with intermediate level gymnastics experience.

Dates

21 st January	25 th February
28 th January	3 rd March
4 th February	10 th March
11 th February	OFF 17th March (St. Patrick's Day)
OFF 18th February (Half-Term Break)	24 th March

Session Times

14:00-15:00 P1 & P2

15:00-16:00 P3 – P7

Price

8 weeks £36

Enrolment

If you would like to attend, please return the attached consent form and payment to your child's teacher as soon as possible. There are 24 spaces available in each session and spaces are available first-come first-served upon return of the consent form and payment.

Thank you in advance for your consideration and please do not hesitate to get in touch if you would like any further information.

Best wishes,
Lifestyle Gymnastics Academy.

Email: lifestylegymacademy@gmail.com

What to Wear

Gymnasts who arrive to class without appropriate clothing cannot be permitted to participate due to health and safety risks.

- Girls: Leotard (with or without fitted shorts or leggings)
OR fitted t-shirt with fitted shorts or leggings
 - Boys: Leotard and shorts
OR fitted t-shirt and shorts
- NOTE:** If a gymnast chooses to wear a t-shirt instead of a leotard, the t-shirt must be tucked into their shorts or leggings.
- Hoodies and joggers can be worn for warm up
 - Hair tied back
 - No jewellery (earrings that cannot be removed must be covered securely with protective tape)
 - Bare feet (sock/tape to cover verruca/warts/athletes foot)

Gymnast Code of Conduct

- The gymnast will bring a **bottle of still water** to class.
- The gymnast will **use the toilet before class commences**.
- The gymnast will **wear appropriate clothing** for the session. (As advised above.)
- The gymnast will **listen and do as directed by the coach**. Any inappropriate behaviour by the gymnast towards coaches will result in a formal warning, and may be followed by a temporary 'Time-Out' period from the class. Should this occur on a second occasion, this will result in a temporary suspension from the class.
- The gymnast will be **courteous to the other members of the class**. Bullying and inappropriate behaviour to other gymnasts will not be tolerated and will result in a formal warning, and may be followed by a temporary 'Time-Out' period from the session. Bullying or inappropriate behaviour to other gymnasts will be reported to the Designated Welfare Officer and may lead to the gymnast being dismissed from the class.
- **Mobile phones** should remain on silent and are not to be used during the class. Gymnasts who use their mobile phone during the class will receive a formal warning. Continued use of mobile phones during the class without approval from the coach may result in dismissal from the class.
- **Food/sweets/chewing gum** must not be eaten during the class as this is a choking hazard.