



If you are interested in

What is Gymnastics?

# Gymnastics



Why not join a class at the **INGLEBY GYMNASTICS CLUB**, become a member of British Gymnastics and have a go?



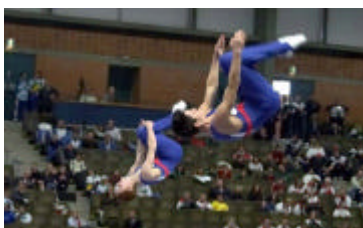
## Sports Acrobatics

Performed to music with either pairs, trios or fours performing choreographed routines including balance, acrobatics and tumbling.

Excellent for developing strength, balance, co-ordination, synchronisation and team spirit.

An exciting sport consisting of jumps with somersaults and twists in the air.

## Trampolining



## Tumbling



Tumbling consists of building up a sequence of eight consecutive elements on a tumble track including, back flips, somersaults and twists developing speed, strength and high levels of skill.

## What You Get

All club members will require membership registration with British Gymnastics (current annual cost is £14.00).

Benefits of being an Associate Member of British Gymnastics are:

- Personal Accident insurance
- Advice and support from British Gymnastics specialists
- Personal Membership Card and Badge
- Two copies of your own special younger members magazine
- Gymstamps discount on special British Gymnastics merchandise
- Access to British Gymnastics competitions

## The Club

Ingleby Gymnastics Club is located at All Saints School, Ingleby Barwick.

The club's aim is to provide opportunities for individuals to develop fitness, co-ordination, confidence and movement skills in a fun gymnastics environment!

Also an opportunity to progress to competitive standard at both regional and national level!

The club is run by fully qualified gymnastics coaches. For further information please contact Lyndsay Anderson:

- Tel: 01642 765743
- Mobile: 07748 786101
- Email: [inglebygc@aol.com](mailto:inglebygc@aol.com)



## General Gymnastics

Embodies all forms of gymnastics and is mainly non-competitive offering opportunities to take part in displays and festivals.

## Sports Aerobics

Sports Aerobics is a form of gymnastics that develops the ability to perform continuously complex high intensity patterns to music and is closely related to dance and fitness exercises.



## Membership Registration

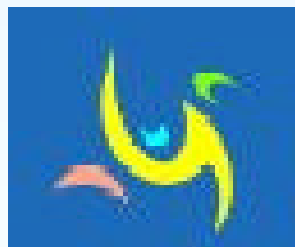
Places are limited and will be available on the following days from 7th May 2004. All interested applicants must request an application form by contacting Lyndsay Anderson either by phone or email. All application forms must be received by 23rd April 2004 to obtain British Gymnastics Associate Member Registration prior to commencement of training.

## Sessions

Courses will cost £21.00 for 6 sessions (block booking for 6 weeks). The following 1 hour sessions will be available:

- Session 1 - Wednesdays 6-7pm (suitable for younger children)
- Session 2 - Wednesday 7-8pm (suitable for older children)
- Session 3 - Thursdays 6-7pm (suitable for younger children)
- Session 4 - Thursdays 7-8pm (suitable for older children)
- Session 5 - Sundays 2-3pm (suitable for all children)
- Session 6 - Sundays 3-4pm (suitable for all children)
- Session 7 - Sundays 4-5pm (suitable for all children)

INGLEBY GYMNASTICS CLUB



SPORTS ACROBATICS

TRAMPOLINING

SPORTS AEROBICS

GENERAL GYMNASTICS

TUMBLING