



# BEGINNER & RECREATIONAL

**Beginner (1hr) and Recreational (2hr) classes are the start of a gymnast's journey. All gymnasts will start in the one hour class and, once at a suitable level, will be offered a place in a two hour Recreation class**

The aim of these sessions is for the gymnasts to have fun whilst learning the key gymnastic shapes, positions and movements, all which will contribute to advancing to more complex gymnastics. It is also an important time for the gymnasts to gain familiarity with the apparatus and equipment.

There are key themes that run throughout these sessions, these include the fundamentals of gymnastics and focus skills that will provide the foundation on which to build to become a successful gymnast. The gymnasts will concentrate on these fundamentals each week in order to maximize their potential. A yearly plan which shows the break down of each week can be found on our notice board downstairs.

## **Rewards & Achievements**

**Proficiency Badges** - Assessment for British Gymnastics Proficiency Badges will take place 3 times per year. This gives the gymnasts an opportunity to have their skills assessed as determined by our governing body.

**Rosettes**- Additionally, Park Wrekin assess for 'In House' Rosettes which are created by the Head of Beginners and Recreational. These track the progression of skills and ability and allow the gymnasts to be rewarded for their hard work in gaining new skills. Achieving the different level Rosettes reflects a combination of skills, flexibility, strength and balance. The beginners will work through rosettes 8 -1 and Recreational will work through bronze, silver and gold.

**Competition**- Park Wrekin host an annual beginners and recreational competition. This is to give the gymnasts an opportunity to perform in a fun yet competitive environment against children of the same age and ability. This is also a time when parents can come into the gym and watch all the gymnasts and celebrate all the hard work and talent.

## **Kit**

There are no special kit requirements at this stage, however our kit shop does have an excellent stock of leotards, shorts, t shirts, tracksuits, bags etc. Items can be ordered online or purchased directly from the shop. As the gymnast moves through the different sections of the club more training aids will be recommended and will be notified to the gymnast at the time. A named gym bag/bucket is very useful for keeping all their kit/clothing together whilst in the gym

We do ask that **all jewellery is removed**, that earrings are either taken out or taped up, and hair is to be tied up. A water bottle to sip on throughout the session is also essential.

Please ensure you keep **all** your contact details up to date on the online system; all communication including invoices, general notices and newsletters are sent out via email and it is vital that we can contact you by phone in the case of an emergency.

We hope that you enjoy your time at Park Wrekin Gymnastics Club. If you have any queries or questions, please contact, **[claudia@parkwrekin-gymclub.com](mailto:claudia@parkwrekin-gymclub.com)**