

If you are interested in joining us, please visit our website and click on the 'Join a Class' tab. You will then be placed on the waiting list for your chosen class.



Ruthin & Denbigh Gymnastics Club Ltd
Clwb Gymnasteg Rhuthun & Dinbych Cyf



Subject to spaces being available, you will be invited to a free trial session to allow you to sample the club's provision before committing to membership.

www.ruthin-denbighgymnasticsclub.co.uk

CLASS TIMETABLE - EFFECTIVE FROM MAY 2019

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	MONDAY Ruthin Leisure Centre	TUESDAY Clwyd House, Denbigh	WEDNESDAY Clwyd House, Denbigh	THURSDAY Clwyd House, Denbigh	FRIDAY Ruthin Leisure Centre	FRIDAY Clwyd House, Denbigh	SATURDAY Clwyd House, Denbigh	SUNDAY Clwyd House, Denbigh
After-school club			4-5pm					
Stay & Play / Gym Tots Walking age to 4 years (TERM TIME ONLY)			9.45-10.30am 10.30am-12pm					
Pre-School Daisies 3 to 4 years	4.30-5.15pm		1.30-2.30pm	3.55-4.40pm			9.15-10am	
Beginners Strawberries 4 to 6 years	4.30-5.15pm			3.55-4.40pm			9.15-10am	
Beginners Whiteberries¹ 5 to 7 years	5-6pm			5-6pm			10-11am	
Recreational Blueberries²/Poppies³ 8 years and above	6-7pm 6-7.30pm		4-5.30pm 5.30-7pm	6-7pm +Boy's Squad	5.30-7pm		11.15am-12.45pm +Boy's Squad	Boy's Squad 10am-12pm Team Gym
Club Preparation Scarlets 3&4 Mixed Ages	6-7.30pm		5.30-7pm		5.30-7pm	5.30-7pm	1-2.30pm	10am-12pm Team Gym
Club Level 5 Mixed Ages		5.30-7.30pm	5.30-7.30pm	6-8pm		5.30-7.30pm	1-3pm	10am-12pm Team Gym
Development Squads Mixed Ages (DO MORE - PERFECT BASICS) (DO MORE - ARTISTIC COMPETITIVE) (DO MORE - TEAM GYM COMPETITIVE)		4-5.30pm Team Gym Competitive	4-5.30pm Perfect Basics + Artistic	4.30-7.30pm Team Gym Competitive		4-5.30pm Team Gym Competitive		10am-1pm 11.45am-3pm Team Gym Competitive
Trampoline						5.15-7pm		
Adult Gym			7.15-8.15pm					

We encourage every child to join us, and those with additional needs will have the opportunity within the free trial to meet the coaches who can make sure the place offered meets their individual needs.



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Our Vision

Our goal is to help as many children from our community create positive memories and develop the fundamental skills that are needed for confident long-term participation in sport. Through physical literacy and gymnastics, our aim is to inspire a lifelong love of taking part in sport.

Our community of coaches and volunteers nurture each child, in a friendly and family-like environment. This allows them to reach their personal potential within a safe, effective, child-centred and supportive community.

All coaches and leaders:

- ♦ Are suitably qualified and insured through the affiliated governing body of Welsh & British Gymnastics
- ♦ Work within British Gymnastics guidelines regarding coach to gymnast ratios
- ♦ Are Enhanced DBS-checked (to work with children), and are also First Aid trained and SPC certified.

Gymnasts are organised into groups according to age, ability and individual needs, ensuring you child has the most positive experience in each session.



We are very fortunate to have a network of friendly and supportive parents, without whom we wouldn't be able to function so successfully - we thank you for supporting our gymnastic community.

Development Pathway & Reward Scheme For beginners & recreational gymnasts

Our recreational gymnasts follow the Welsh Gymnastics A-Z Award Scheme, as well as the British Gymnastics Proficiency Award Scheme. Rosettes can also be purchased at Club Level, as your child reaches the different stage levels and moves up a class.

We encourage participation in our friendly competitions, which are organised by the club. We also allow gymnasts to display their skills in the many shows and festival events we hold. Being part of a group and working together, as well as feeling support from peers, is key to successfully progressing into our 'DO MORE' and Club Competitive Team Gym pathway.



DO MORE Perfect Basics

This extra time in the gym can be used for fun, fitness and to master the skills required to advance in the 4 main areas of Floor, Beam, Bars and Vault.

This 90 minute session will improve fitness, strength and flexibility, to complement their current session.

DO MORE Artistic Competitive

This competitive section, focused around improving fitness, strength and flexibility and to master the skills towards a regional competitive pathway.

Once a member of this Artistic Development Squad, gymnasts will be assigned a personal coach who will take responsibility for progressive learning and safety. The gymnast's personal coach will also help prepare them for competitions.

DO MORE Team Gym Competitive

As a **Gym-For-All** focused club, we are proud to hold the title of being the first club to offer Team Gym in North Wales. As a club that specialises in Team Gym, these extra sessions (at least 1x90 minute session, max. 360 minutes Olympic Squad), comes improved fitness, strength and flexibility. Additional time on the trampet, vault and tumble will focus on technique which means the sky's the limit on what can be achieved!

Once a member of this Team Gym Competitive Squad, gymnasts will be assigned a personal coach who will take responsibility for progressive learning and safety. The gymnast's personal coach will also help prepare them for competitions.

Extensive competition opportunities at Levels 6, 5 and 4, in competitive venues across England and Wales.