



# Squad Gymnastics

## Squad Gymnastics - Performance

This group is for elite performance level gymnasts and requires 100% dedication from gymnasts and parents. The sessions are structured so the gymnasts can advance as quickly as possible. The gymnasts are required to be motivated and hard working with extra work to be done at home and extra sessions are also available depending on the development and progress



**Hannah showing strength, flexibility and execution on the Beam apparatus**

Monday	5.00 - 8.00pm	3 hours	
Tuesday	9.00 - 12.00am	3 Hour	Invite Only
Tuesday	6.00 - 9.00pm	3 Hour	
Thursday	6.00 - 9.00pm	3 Hour	
Friday	4.00 - 7.00pm	3 Hour	
Saturday	1.00 - 3.00pm	2 Hour	Invite Only

## Prices

2 Hours per week	£45	Paid by S/O	Girls
6 Hours per week	£75	Paid by S/O	Girls
9 Hours per week	£90	Paid by S/O	Girls
12 Hours per week	£100	Paid by S/O	Girls

## General Information

Continuous Membership (paid by bank monthly payment)

Taster visit costs £10.00 (Invite Only)

Club Uniform Required

Additional hours and holiday training are charged as and when available

Your child's place is only secure when the appropriate fees have been paid.

**Please note:** Club Membership is required which includes **Gymnast Insurance** (Confirm payment at Reception)

### Special points of interest:

- Gymnasts are invited to trial by the team coach only
- Preparation towards competition
- Club Membership which includes Gymnast Insurance is Required
- Gymnast need to be committed to the time they are allocated
- Discounted Fees
- Qualified and CRB checked Staff