

September 2018 – June 2019



LX Gymnastics Centre

Class Information and Timetable

Explanation of Our Classes

Class Name	Description
Parent Assisted	<p>Age: 2 - 3 years old Duration: 45 mins</p> <p>This structured class is led by our experienced coaches, with parents joining in to help assist their little ones. Combining gymnastics with fun, this is the perfect introduction to our structured program.</p>
MiniGym	<p>Age: 3-5 years old Duration: 50 mins</p> <p>A structured class led by our experienced coaches. MiniGym classes build a solid foundation of core gymnastics skills in a fun and stimulating environment. Working on all apparatus, gymnasts will begin their journey on the British Gymnastics Proficiency Awards Scheme, with regular assessment throughout the year.</p>
JuniorGym	<p>Age: 5+ Duration: 1 hr</p> <p>Our JuniorGym classes are fun, progressive, and open to any level of ability. Classes are structured in such a way to cater for everyone, from beginner to the more experienced. Classes incorporate use of all apparatus. Gymnasts will continue their journey on the British Gymnastics Proficiency Awards Scheme, with regular assessments throughout the year.</p>
Junior Improver	<p>Age: 6+ Duration: 2 hours (1.5 hrs for Saturday class)</p> <p>New for 2018, this class caters for those wanting to push themselves in gymnastics. With a longer lesson, we can dedicate more time to working more advanced skills, while still having loads of fun. This class is the perfect bridge between our JuniorGym and Advanced classes!</p>

<p>Advanced</p>	<p>Age: 8+ Duration: 2 hours</p> <p>Our Advanced classes cater for those gymnasts who are working at a higher skill level. The longer class time allows for better preparation for these skills, while ensuring that the “fun factor” is maintained. Gymnasts have the option of completing the BG Proficiency Awards, as well as taking part in the End of Year Club Competition.</p>
<p>TeamGym</p>	<p>Age: 8+ Duration: 2 hours</p> <p>TeamGym is a fun and fast paced discipline within the gymnastics family concentrating on Floor, Vault and Trampoline. A relatively new addition to the program here in LX, our TeamGym members continue to go from strength to strength, with the view to competitions in the near future.</p>
<p>JuniorGym* For gymnasts with additional needs</p>	<p>Age: 6+ Duration: 1 hour</p> <p>Our Disabilities class focuses on enhancing fine motor skills, improving co-ordination and developing key gymnastics skills. With being the only class running in the gym, the quiet environment helps promote better concentration. We also keep the class size smaller, allowing for more one-on-one time with the coaches.</p>
<p>Rhythmic</p>	<p>Age: 6+ Duration: 1 hour</p> <p>A dance based gymnastics lesson which uses hand apparatus; ribbon, hoop, rope, ball and clubs. Combining elements of ballet, gymnastics, dance and apparatus manipulation, our rhythmic gymnasts will leave you with the “wow” factor!</p>
<p>Rhythmic Advanced</p>	<p>Age: 6+ Duration: 2 hours</p> <p>By selection only, our advanced gymnasts will be working towards competitions and National Grades.</p>

Class Timetable 2018/2019

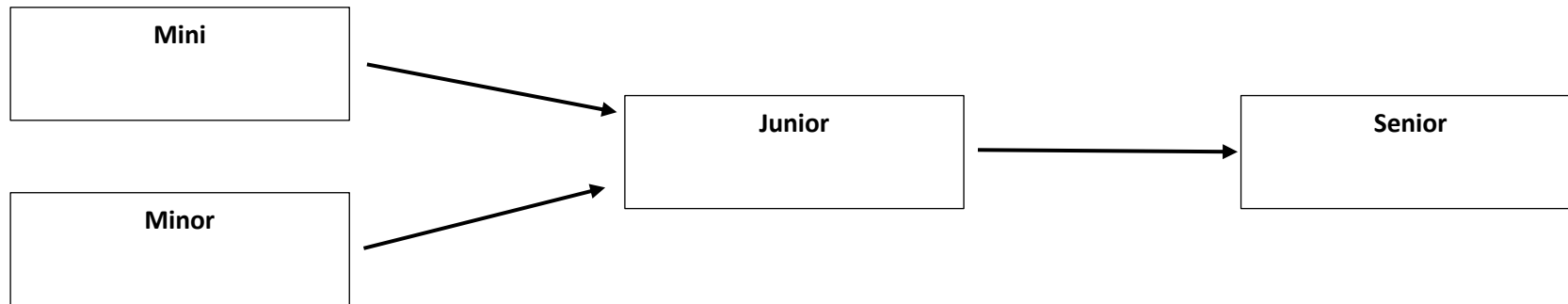
	1.45pm	2.30pm	3.30pm	4.30pm	5.30pm	6.30pm
Monday	Parent Assisted	MiniGym	MiniGym			
		JuniorGym	JuniorGym			
Tuesday		MiniGym	MiniGym			
		JuniorGym	JuniorGym			
Wednesday	Parent Assisted	MiniGym	MiniGym			
		JuniorGym	JuniorGym			
Thursday		MiniGym	MiniGym	Rhythmic	Rhythmic Advanced	
		JuniorGym	JuniorGym	JuniorGym	TeamGym	
Friday		MiniGym	MiniGym		Junior Improver	
		JuniorGym	JuniorGym	JuniorGym	Advanced Girls/TeamGym	
Saturday	9am	10am	11am	12pm	3pm	
	MiniGym	MiniGym	MiniGym			
	JuniorGym	JuniorGym	JuniorGym			

Squad Information

A gymnast's place on squad is by selection only. Gymnasts will work along the British Gymnastics/Gymnastics NI pathway. The squad in which a gymnast will train will be determined by the level in which they will compete.

Gymnasts must be able to commit to all training sessions for their designated squad. Gymnasts may move to a different squad as they progress to higher competition levels.

Our squads will follow the below pathway



Progression through this pathway will be determined upon gymnast's ability, work ethic and competition performance.

All gymnasts on squad must be able to commit to competitions. Failure to do so may result in a change of group to one that is more suitable to the gymnast's needs.

Squad training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Girls	5.30 – 7.30					
Minor Girls						
Junior Girls	*5.30 – 7.30 Optional S&C class	5 - 8			5 - 8	
Senior Girls	*5.30 – 7.30 Optional S&C class	5 – 8				12-3
Junior Boys				5.30 – 7.30		
Senior Boys		4.30 – 7.30		4.30 – 7.30		12-3