

COACHING TEAM

PETER ALDOUS - Chief Coach

TRACY COOPER - Head Team Coach

DANNI CWIKLINSKI - Head of General

SIMON HENDERSON - Team + General Coach

KEN DANSKIN - Team Coach (Voluntary)

JULIA BETTELEY - Team + General Coach

KIRSTY MORREY - Intermediate Coach

ROB WHITING - Team Coach (Voluntary)

LISA MURDOCK - General Coach (Voluntary)

*Our teenage coaching support staff include:-
Ami, Beth, Jaycee, Sofia, Niamh, Erin,
Any,*

Our coaching team is dedicated to providing your child with the best opportunities. If you have any questions then please speak to a member of staff and they will be happy to help.

HOLIDAY + FUN CLASSES

FUN GYM

This is a fun based class which is supervised but not coached. It is held on Wednesday afternoons during holiday periods. This session gives the gymnasts an opportunity to mix with their friends in a relaxed and fun environment. They can also try out new skills they have learned or just have a fun time in the sponge pit.

MEMBERS ONLY – Booking not required

Time : 1.00 - 3.00 pm £8.00 per gymnast

HOLIDAY CAMPS *(run at various levels)*

Holiday camps take place during the school holidays. They provide parents with the opportunity to have their children supervised whilst they work or relax. It is an action packed fun filled day with lots of games and activities to keep the youngsters occupied and hopefully worn out at the end of the day.

MEMBERS ONLY - Booking and Payment required

Time : 9.00 - 3.00 pm

PRIVATE LESSONS

Coaching staff are available to run private lessons on a one to one basis. Please email for availability.

office.gymnastics@yahoo.co.uk

SANDBACH GYMNASTICS

01270 767491



Millbuck Park, Millbuck Way
Springvale Industrial Estate

www.sandbachgymnastics.com

SANDBACH GYMNASTICS



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We are now well established at our new location on the Springvale Industrial Estate which was converted in May 2006 to suit gymnastics activities. The Club has many intermediate level gymnastics classes as well as pre-school, recreational and training groups.

The general gymnastics programme is led by Danni Cwiklinski, who co-ordinates classes on weekday evenings and Saturday mornings. The centre offers gymnastics from beginner to Competitive standard, for boys and girls aged 4-16 years.

The comprehensive training and coaching facilities available at the centre has enabled the club to achieve a very high level of training and competition success.

Sandbach gymnastics has produced gymnasts from County level through to International level. As a club Sandbach Gymnastics has represented Great Britain at Junior and Senior European Championships, Youth Commonwealth Games, European Youth Olympic Games, UK School Games and World Championships.

As a Club we would also like to recognise all the parents and helpers who continually support the club and its fund raising activities, alongside the local companies and businesses that donate towards our cause.

CLASS TIMES

Email: office.gymnastics@yahoo.co.uk

GENERAL GYMNASTICS CLASSES (school age)

Monday	4 pm (1 hr)	mixed	4-7yrs
Monday	5 pm (1 hr)	mixed	7-11yrs
Tuesday	4 pm (1 hr)	mixed	4-7yrs
Tuesday	5 pm (1 hr)	Girls	7-11yrs
Thursday	4 pm (1 hr)	mixed	4-7yrs
Thursday	5 pm (1 hr)	mixed	7-11yrs
Saturday	9 am (1 hr)	mixed	4-6yrs
Saturday	10 am (1 hr)	Girls	6-8yrs
Saturday	11 am (1 hr)	Girls	8-11yrs
Saturday	12 pm (1 hr)	Girls	11+

GENERAL CLASSES

Courses run for 10 weeks each time.

10 weeks = £65.00 or £60.00 (for 2 each sibling)

Taster visit cost = £7.50

Part Courses charged at £7.00 per hour

The remainder of the course is to be paid on the 2nd visit to secure your child's place.

ALL CLASSES MUST BE PAID IN FULL BY THE DUE DATE STATED ON THE INVOICE. WE DO OPERATE A WAITING LIST SYSTEM. FEE PAYMENT IS THE ONLY WAY TO SECURE YOUR CHILD'S PLACE. IF PAYMENT IS NOT RECEIVED BY THE DUE DATE WE MAY OFFER THAT PLACE TO NEXT PERSON ON THE WAITING LIST

Club Membership which includes gymnast insurance is mandatory - to be paid on your second visit.

Please Note: All deposits and payments are not refundable nor transferable.

PRICES March 2017

We have many groups and squads which are selected based upon ability from the one hourly recreational classes

Women's Artistic - (Olympic Sport) *(invite Only)*

Tumbling - *(invite Only)*

Advanced Recreational - *(invite Only)*

INTERMEDIATE & SQUAD RATES

2 Hours Per Week = £40.00 per month (s/o)

6 Hours Per Week = £70.00 per month (s/o)

12 Hours Per Week = £90.00 per month (s/o)

Club Membership which includes gymnast insurance is mandatory - to be paid on your second visit.

RUFF + TUMBLERS

Courses run for 6 weeks, but break during the school holidays.

6 Weeks = £40.00

This is to be paid before the 1st class.

Club Membership which includes gymnast insurance is mandatory - to be paid on your second visit.

BIRTHDAY PARTIES

Available on Sunday morning and early afternoons

TODDLER TIME (pre-school only)

Tuesday (9.30 - 10.30)