

# LGSA's Annual Newsletter 2019

Welcome to the Newsletter of the Lings Gymnastics Sports Academy

Firstly a big thank you to all our club volunteers and coaches, whose hard work and dedication contributed to the smooth running of the club in 2018.

We also extend a very big welcome to the 100+ new Gymnasts who joined us in 2018, increasing our numbers to nearly 400 in total.

## Polite Reminder—Photography

Could we please ask that all Parents/Guardians etc please refrain from taking photos or videos at the Hall window, as I'm afraid this is in breach of our child safety policy.

## Dress Code:

For the safety of gymnasts and coaches, it is important that gymnasts are dressed appropriately for the sport i.e. Hair neatly tied back, wearing leotards or shorts and T-shirts that can be tucked in i.e. No bare mid riffs and no jewellery. Earrings need to be removed and Children need to bring their own tape otherwise they'll be unable to train.

## Fees

Can we please ask that all those parents that are still paying their monthly fees by cash or BACS transfer (on a day of their choosing) to please pay by monthly 'Standing Order' instead. Payment by Standing order is by far the most efficient way to pay your fees and ensures we are able to meet our monthly obligations on time i.e. Premises Rental, Business rates etc

## Club Uniform—Gym Kit

Whilst a club uniform isn't mandatory we actively encourage the wearing of our LGSA branded Leotards, Leggings and Club Jacket – prices of which are available in the club reception area or by chatting to one of our club coaches.

## Polite Reminder—Parking

Please ensure that you park considerately when you attend the gym. Please be aware the large forecourt on the opposite side of the road, is currently available for parking purposes, however once the factory unit becomes occupied again, this area will be strictly off-limits.

## Club Competition

Our Annual Club Competition for 1 hour Recreational Gymnasts, is scheduled to run over two days from Saturday 25th May to Sunday 26th May. More details will be made available nearer the time.

## Parent Committee and Fundraising events

Look out for various fund raising events over the year as we endeavour to purchase new equipment for the gym. We're always on the lookout for new volunteers. If you can spare a few hours a month, we would love to hear from you. For more details email Gerry Shutt who heads up our Parent committee. [gerryswetman@hotmail.com](mailto:gerryswetman@hotmail.com)

## News and Events

Please check our Whiteboard in Reception for all the latest news and Events.

## Drinks

Don't forget, always bring a drink with you.



### Key Dates for your Diary:

- **February Half Term pre-school stay and play sessions – Tuesday 19<sup>th</sup> Feb , Wednesday 20<sup>th</sup> Feb and Thursday 21<sup>st</sup> Feb:**
  - 10.00am to 10.45am – Under 2yrs
  - 11.00am to 11.45am - Over 2's
  - £4 on the door, no need to book.
- **Easter pre-school stay and play sessions – Tuesday 9<sup>th</sup> April to Thursday 11<sup>th</sup> April:**
  - 10.00am to 10.45am – Under 2yrs
  - 11.00am to 11.45am - Over 2's
  - £4 on the door, no need to book.
- **Easter Camp – Monday 15<sup>th</sup> April to Thursday 18<sup>th</sup> April: 9.00am - 3.30pm.**
  - £20 a day, booking forms are now available to download from our website or on request from Cora.
- **Annual Club Competition - Saturday 25<sup>th</sup> May to Sunday 26<sup>th</sup> May.**
  - 1 hour Recreational gymnasts only.  
More details to follow.
- **Bring a Friend Night – w/c Monday 10th June— More details to follow**
- **Summer Break for Recreational classes – Monday 29<sup>th</sup> July to Friday 9<sup>th</sup> August**
- **Summer Camp – Monday 5<sup>th</sup> August to Friday 9<sup>th</sup> August**  
£20 a day or £90 per week, booking forms are now available to download from our website or on request from Cora.
- **Summer pre-school stay and play sessions – Tuesdays 13<sup>th</sup> , 20<sup>th</sup> and 27<sup>th</sup> August:**
  - 10.00am to 10.45am – Under 2yrs
  - 11.00am to 11.45am - Over 2's
  - £4 on the door, no need to book.
- **Christmas Squad Display (any girls that train for 2 hours or more) – Friday 6<sup>th</sup> December**

We will also be revising our timetable during the Summer School Holidays. We have found that fewer children attend during this time and have decided to merge various classes together to take this into account – Dates and times to be confirmed closer to the time.

### Check us out on Social Media



[www.facebook.com/lingsgymnastics](http://www.facebook.com/lingsgymnastics)



[@lingsgymnastics](https://twitter.com/lingsgymnastics)



[lings\\_gymnastics/](https://www.instagram.com/lings_gymnastics/)

### Volunteers

We're always on the look out for anyone that fancies a go at Coaching, Judging or general volunteering around the Gym. Speak to Brenda, Cora or Silke for more details

### Contact Details:

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[www.lingsgymnastics.co.uk](http://www.lingsgymnastics.co.uk)