

## Vernon Park Gymnastics Club FAQ

### What does my child need to wear/bring?

Your child/ren needs to wear 'sports attire' such as shorts, leggings, a t-shirt. No speciality gymnastic wear is required. Long hair needs to be tied back and no jewellery is to be worn. A small drink of water can be brought.

### Can I watch my child?

There is a viewing area where parents can watch most areas of the gymnastic session.

### Who runs the sessions?

Classes are run by qualified coaches and overseen by a senior coach.

### What will my child do at each session?

Sessions are 55 minutes long. Each week, after a warm up gymnasts will visit up to 3 different areas in the gym – such as the floor, bars, beam, rebound, track where they will take part in planned activities associated with that piece of equipment/apparatus. Gymnasts have the opportunity to work towards a certificate system building upon skills to develop co-ordination, strength, flexibility and gymnastic skills.

### My child is nervous/may need extra support in../has a medical condition what should I do?

Contact the gym through our [membershipvpvc@gmail.com](mailto:membershipvpvc@gmail.com) email and confidently share your concerns/needs. Make sure you fill in medical information correctly during registration so that is accessible for the senior coach leading the sessions. Our coaches are first aid trained and DBS/Safeguarding checked.

The gymnasts work in small groups based on ages. Our coaches are very experienced in supporting gymnasts at all levels and encouraging those who feel nervous. Gymnastics is a fantastic sport for building confidence and resilience.

### My child has no gymnastic experience or has attended gymnastics before

Each session is structured to allow participation for all, no matter their level or experience. Our award scheme allows children to work at their level. The coaches break down or extend skills to help support the child's development.