



Welcome to Bangor Gymnastics Club

Croeso i Glwb Gymnasteg Bangor

About the Club

Bangor Gymnastics Club was founded in 1981 and moved into Unit 5 Llandygai Industrial Estate in Bangor, (LL57 4YH) in March 2017.

Bangor Gymnastics Club is a friendly, non-profit making organisation, that offers a comprehensive and varied programme to the wider community, striving to deliver high quality gymnastics training to all ages and abilities.

We currently have a membership of 600+ as well as 100+ attending our weekly PAYG sessions.

The unit on Llandygai industrial Estate is rented and BGC works in conjunction with landlords Mostyn Estates to continually improve the facility.

The coaching team is headed by Sarah Austin who joined the club in 1998.

The Club is a Limited Company by Guarantee run by three voluntary directors.

All funds received are spent running the gym and improving our facility.

Bangor Gymnastics Club are proud of its prestigious achievements which include; Welsh Inclusive Gymnastics Club of the Year 2016, North Wales Gymnastics Club of the Year 2016 and Gold Insport Disability Sport Wales Award, Welsh Gymnastics Club of the Year 2017, Welsh Gymnastics Insport Club of the Year 2017, Sport Wales Disability Club of the Year 2017. We also work under Gymmark, which shows that our club provides the right environment ensuring the welfare of members and encouraging everyone to enjoy sport and stay involved throughout their lives.

The club delivers our very own young volunteer programme giving young people volunteering opportunities with certificate awards.

Coaches

BGC strives to offer high quality, enjoyable and safe activities for everyone. Therefore, fully qualified coaches lead all sessions. All our Gymnastics coaches are qualified through the British Gymnastics coaching framework and have completed a DBS check and attended Safeguarding and Protecting Children Training as a requirement of their insurance and code of conduct with Welsh and British Gymnastics.

Safeguarding / Welfare

At Bangor Gymnastics Club we are committed to safeguarding and protecting all of our members. The safety and wellbeing of our members is our top priority and central to everything that we do. We take all matters of safeguarding and welfare very seriously. The club has two nominated Welfare Officers, who have received comprehensive training from Welsh and British Gymnastics and completed enhanced DBS checks. Contact details for the Welfare officers are:

Lowri Randall - welfarebangorgymnasticsclub@gmail.com

Annabel Tudor - annabelbgcwelfare@gmail.com

Management of BGC


Bangor Gymnastics Club is a Company Limited by Guarantee with all the profits being reinvested back into the club. The club is run by a board of 3 voluntary directors.

Aims and Objectives of the Club

The aims and objectives of the club are to:

- Offer and provide coaching and competitive opportunities in gymnastics
- Promote gymnastics and the club within the local community
- Ensure a duty of care to all members of the club
- Provide its services in a way that is fair to everyone
- Ensure that all present and future members receive fair and equal treatment.

Our Mission, Aims and Values



Mission

To provide valuable experiences to all members

Aims	Values
<ul style="list-style-type: none">- We aim to offer Gymnastics opportunities to as many members as possible in a safe and positive environment.- We aim to develop great people by teaching them important life skills to help them reach their full potential.- We aim to establish and develop relationships with the wider community by providing an inclusive service.	<ul style="list-style-type: none">- We are passionate about Gymnastics.- We are committed to our members.- We are an inclusive community.

“Pay as You Go”

Broga Bach (From crawling up to 5 years)

Our Broga Bach session is a parent led free play session. Our fantastic facility will be set up to cater for babies to toddlers to ensure they have a safe environment to push their boundaries. We have sensory and soft play for babies as well as foam pits for your adventurous toddler.

Broga Bach is a “Pay as You Go” session priced at £5.50 per session running every **Monday 10.00-11.00am and Friday 10.00-11.00am.**

A space must be pre-booked through **Class4Kids** for each session.

Little Lions (2-3 years) - Preschool insurance required £13

This session is the first stepping stone into a structured gymnastics session. As the session is parent-led it gives your little one a chance to get to know our pre-school coaching team as well as an understanding of a structured session before they join one of our independent sessions.

The session will include various stations introducing basic skills whilst gaining confidence and improving their fine motor skills on various equipment.

The session will finish off with 15 minutes of parent led free play.

Our sessions run:

Monday 11.30-12.15pm and Friday 11:30-12:15pm.

Termly booking is required through our **new online** system **Class4Kids** and payment is required for the term in advance to secure your space.

Please note that these sessions run school term time.

Tumbling Tigers (3-4 years) - Preschool insurance required £13

This session is a progression from Little Lions.

It's an independent session meaning it is fully led by our coaching team.

Our Tumbling Tigers will continue to improve on their motor skills whilst exploring new and exciting challenges.

Our sessions run:

Monday 12.30-1.15pm, Wednesday 1.30-2.15pm, Friday 12:30-1.15pm and Saturday 9.30am

Termly booking is required through our new online system **Class4Kids** and payment is required for the term in advance to secure your space.

Please note that these sessions only run during school term time.

Bangor Bears (4 - 9Years) - Gymnast insurance required £19

These fun focused sessions are here to teach gymnasts the foundation skills to start their gymnastics journey. These sessions are for children who are starting their gymnastics journey, have moved up from our preschool program or gymnasts who have participated in our recreational program previously. Gymnasts will be grouped with other gymnasts their age and use a range of equipment within our fantastic purpose-built facility. Gymnasts in these sessions will work on improving their strength, flexibility, coordination and balance which will improve their physical literacy.

These groups will be mixed boys and girls.

Our 4-6yrs sessions are 45mins and our 7-9yrs sessions are 1hr and we have numerous sessions running throughout the week.

Term booking (approx. 12-13 weeks) is required through our **new online** booking system **Class4Kids** and payment is required for the term in advance to secure your space.

Times for 4-6 year olds

Monday 4:00 and 4:45

Tuesday 4:00

Wednesday 4:00 and 4:45

Thursday 4:00 and 4:45

Friday 4:00

Saturday 10:15

Times for 7 - 9 year olds

Monday 5:30

Wednesday 5:30

Thursday 5:30

Friday 4:45

Saturday 11.00

Leaping Leopards (10-17 years) - Gymnast insurance required £19

This session is the next step for gymnasts who are current members of Bangor Bears or just starting out on their journey! Gymnasts within these sessions will be grouped by age but also by ability to ensure they are getting the most out of their session. Gymnasts will spend more time developing each skill as well as focusing on specific apparatus.

These sessions are all 1 hour 30 mins and we have numerous sessions running throughout the week.

Term booking (approx. 12-13 weeks) is required through our **new online** booking system **Class4Kids** and payment is required for the term in advance to secure your space.

Times for 10-17 year old Leaping leopard Girls

Monday 6:30

Thursday 6:30

Saturday 12.00

Powerful Ninjas (8+) - Gymnast insurance required £19

Powerful Ninjas is designed for boys aged 8+ with no upper age limit who are interested in starting out in gymnastics or would like to learn how to roll, somersault, and land safely with a 'Ninja' style twist to the sessions. These sessions are 1 hour 30 minutes long with gymnasts being in small groups based on age and ability to ensure they receive the most out of the session. Powerful Ninja's sessions are a mix between coach led and gymnast led activities. 50% of the session is working on Ninja style free running, including rolls over blocks, jumping onto blocks off trampettes, whereas the other 50% of the session is working on our men's artistic apparatus such as rings, p-bars and fast track. This session is perfect for any boy who would love to get involved within gymnastics for the first time, re starting gymnastics or moving up from our bangor bears classes.

Term booking (approx. 12-13 weeks) is required through our **new online** booking system **Class4Kids** and payment is required for the term in advance to secure your space.

Times for 8+ Powerful Ninja Boys

Wednesday 6.30

Friday 5.45

Saturday 12.00

RENEWALS - It is the duty of you the customer to ensure that gymnasts are booked onto the new term two weeks before the new term starts. Our waiting lists for popular classes are full and therefore if you are not re- enrolled into your class (including payment) your space will be offered to the waiting list. You will be sent notification of dates - however you must personally log into your class for kids account in order to pay and re-enrol your gymnast.

Competitive Recreational (Invitational only) - Gymnast insurance required £19

The competitive recreational program is for gymnasts who have stood out in our Bangor Bears, Leaping Leopards and Ninja sessions and have been selected to attend a trial by our competitive coaching team.

Gymnasts will represent the club at various out of club competitions.

All Competitive Rec groups train once a week only, however the number of hours they train is dependent on the competitions and level of competitions they will enter.

Members of competitive rec will pay monthly.

A month's notice is required to terminate payments to this class.

Mini & Mighty Monkeys (4 - 8 years - Invitation only) - Gymnast insurance required £19

At BGC we are keen to develop our gymnasts to the best of their ability. To aid this we have developed a program to ensure gymnasts can progress towards all levels of our competitive programs. Mini and Mighty monkeys are selected for a trial from our Bangor bear sessions. The aim of these sessions is to assess their natural strength, flexibility and aptitude to progress in a competitive program. With the hopes of the gymnasts moving into our competitive rec or WAG/MAG programs.

Gymnasts in these sessions are continually assessed. Fee's for these sessions are paid monthly, with hours varying from 1 - 2 per week. Some gymnasts will attend both Bangor Bears and Mini/Mighty Monkeys.

Members of mini & mighty will pay monthly.

A month's notice is required to terminate payments to this class.

Women's and Men's Artistic Competitive Squad (Invitational Only) - Gymnast / Competitive Gymnast insurance required - Coach will advise on insurance category

BGC's Women's and Men's Artistic sessions are by invitation only. BGC regularly monitors the gymnasts in our Mini & Mighty Monkey groups, as well as competitive recreational groups. Coaches will approach the parents of children who coaches feel have the physical and psychological attributes necessary to take part in competitive gymnastics and invite the gymnast for a trial. This squad requires a high level of commitment from both gymnasts and parents. WAG/MAG gymnasts are expected to compete in several regional and national competitions. Gymnasts may also be selected to attend Regional and National Squad trials.

Fees and Costs

Fees should be paid termly/monthly (for Squads only) through our payment system on **Class4Kids**. Failure to pay will result in the gymnast losing their place within the club. In accepting a place, you are committed to a complete term.

If you choose to leave before the end of the term BGC will not refund your fees. BGC aims to keep the cost of classes as low as possible. However, if you have an issue paying please contact the Club who will endeavor to help you. **Any known Bank Holidays and Annual closures have already been considered when the fees are set for the year.** If you leave the club, it is your responsibility to let us know as soon as possible - No refunds will be given. Your child's membership will only be 'frozen' for genuine reasons of long term illness or injury. Appropriate written evidence will be required to support the application. **Long Term illness and injuries will be managed on a case by case basis after the initial month and a meeting with the Coach, Directors and Parents will need to be arranged to discuss the options available.**

Please ensure you update all information on class4kids as this has important information /medical details and emergency contact details on it.

Club Membership

Competitive members

To help towards administration costs and coach development we charge an annual membership fee of £20.00 per year. This runs from 1st January - payable annually.

Non-Competitive members

To help towards administration costs and coach development we charge an annual membership fee of £12.00 per year. This runs from 1st January - payable termly and integrated into the fees.

Insurance

Welsh and British Gymnastics insurance/membership is required each year for all members that participate in gymnastics. Without insurance, a member will unfortunately be refused to participate in any session carried out by BGC. Please follow the link / address below.

<https://www.british-gymnastics.org/gymnet/register/registerstart>

2022 - 2023 Insurance prices

Preschool £13

Gymnast £19

MAG / WAG Competitive Gymnast £19 / £43 - category will be advised by the Club

Gym Rules

- All gymnasts must attend sessions appropriately dressed for health & safety reasons. <https://www.littlestarsleotards.co.uk/club-login-2/> for examples of appropriate club attire.(password: B4NGORGEN)
- Food and drink are only allowed to be stored and consumed within the “cubbyhole” area. No shoes to be worn inside the gym.
- Please leave shoes in the boxes provided for belongings.
- Gymnasts who have long hair must have their hair tied back prior to their class commencing.
- Gymnasts must be suitably dressed always – leotards, shorts, t-shirts (with no zips or buttons).
- **All gymnasts after 6 weeks are required to wear leotards.**
<https://www.littlestarsleotards.co.uk/club-login-2/>(password: B4NGORGEN) for club leotards*
- **No earrings ,jewellery, watches, piercings are to be worn in the gym** – wearing these will invalidate your personal insurance. New piercings may be covered with tape at your own risk.
- BGC will not take responsibility for any lost or stolen items.

*There is a selection of second hand leotards/club kit in the gym.

Membership Cancellation

If your child no longer requires their place at BGC we require 1 months notice for squad members. Termly members will not receive a refund if they choose to stop before the end of the term.

Cancellation of Classes

During periods of enforced closures, national lockdowns, or severe weather conditions, classes will move to online classes of an appropriate length/home learning or replacement sessions and no refunds will be offered. In such instances class information will be sent by email.

First Aid

The club is not allowed to administer medicine / tablets for children.

Please can you ensure that children have a plaster covering any cuts before they come to gym. Please inform the club if your child has a plaster allergy.

Personal Details

If a child's address / contact health condition details change, please alter the membership page accordingly on your class for kids login.

Parking

Please be mindful of others when parking and take care of children in the car parking area. Parking is at your own risk and Bangor Gymnastics Club accepts no responsibility for any damages or incidents which may occur.

Parents Dos and Don'ts

- Please **DO NOT** enter the gymnastics hall for safeguarding reasons. Please do not block the door into the gym.
- During drop off please can all Parents keep the Door to the Gym Clear and utilise the waiting area (change/remove coats & shoes) to avoid congestion at the Entrance.
- During pick up times please can parents arrive promptly and meet their Gymnast at the Side Exit where Children will be dismissed.
- Please **DO NOT** drop off your child in the car park.
- Important information is often posted on our notice board – please feel free to read or take a photo.
- Gymnasts who are walking home must provide a letter to their coach at the start of their session. **Please note that your child must be at least 10 years old in order for BGC to allow this.**
- **If your child requires assistance to use the toilet, you must remain on the premises during their session.**
- If parents wish to have a meeting with a coach, please contact their Lead Coach/Head Coach in advance to arrange a suitable time and date.
- Please do not distract the coaches during the warm up or during the session.
- All parents must respect all coaches and Directors and refrain from phoning or messaging after 8pm.

Code of Conducts

Please see on our website

Club Information

For regular updates and information please check our website:

www.bangorgymnastics.com

Also follow us on our social media sites;



Facebook - Bangor gymnastics Club
Instagram- @BangorGymnasticsClub
Twitter -@Bangorgym

Contacts

Bangor Gymnastics Club, Unit 5L Llandygai industrial Estate LL57 4YH

ENQUIRES ABOUT CLASSES - classeenquiries.bgc@gmail.com

All classes /waiting lists are managed through our booking system class for kids

Please join a waiting list if classes are full - we review them continually and will endeavor to find a suitable space where possible.

GENERAL ENQUIRIES - Contact:

01248 361388 bangor.gymnastics@gmail.com

Club Kit enquiries clubshopbgc@gmail.com

<https://www.littlestarsleotards.co.uk/club-login-2/>
(password: B4NG0RGEN) for club leotards*

SARAH AUSTIN - Head Coach - sarahaustin.bgc@gmail.com

JEN MARQUISS - DEPUTY BOYS - jenmarquiss.bgc@gmail.com

ELLIE HILL - DEPUTY GIRLS - elliehill.bgc@gmail.com

LAUREN HARDAKER - COMPETITIVE RECREATIONAL LEAD Please email - sarahaustin.bgc@gmail.com

LOWRI RANDALL - WELFARE OFFICE welfarebangorgymnasticsclub@gmail.com

ANNABEL TUDOR - WELFARE OFFICER - annabel.bgcwelfare@gmail.com