



## Tadley Primary School Gym Club

The Tadley Primary School Gym Club is an initiative established by the school and the Lynden School of Dance and Gymnastics to bring the opportunity for students to join the club as a preschool activity. The Gym Club will run on Tuesday and Thursday during term time and is available to pupils of the school only.

### The Lynden School of Dance & Gymnastics

The Lynden School of Dance & Gymnastics has been operating in the Basingstoke area for over 35 years and has a growing reputation for excellence within the community.

The Lynden School is affiliated to the British Theatre Dance Association (BTDA) and British Gymnastics (BG) and provides a range of dance and gymnastics tuition to students in the age range 2 -18 years. Dance students can take classes in Ballet, Tap, Modern Jazz, Contemporary and Acrobatic dance under the leadership of the Principal, Debbie Palmer. Gymnastics classes are focused on TeamGym within the BG framework and all our policies will follow the BG guidelines under the leadership of Kelly Stacey, the Head of Gymnastics.



Our teachers and instructors are qualified either through BTDA or BG (or have equivalent recognised qualifications), they will also have a Safeguarding certificate, enhanced DBS and be first aid trained.

### Gymnastics

Lynden is a British Gymnastics registered club and all our policies will follow their guidelines.

In our gymnastics sessions children will learn the fundamental shapes that underpin all gymnastic skills such as tuck, pike, straddle, straight, dish, arch, front support, back support, shoulder stand and bridges; thus giving them a strong base in the basics. Once this has been achieved, they will move on to more advanced skills such as forward rolls, backward rolls, jumps, handstands, cartwheels, walkovers and tumbling combinations.



As the gymnast's strength and confidence grows, they will move onto flighted skills such as handsprings, free cartwheels, back flicks and somersaults.



We work hard to develop each gymnast as an individual and help them achieve their goals. We do this by assessing each child and placing them at the correct British Gymnastics badge level, which will not only build their confidence but create a challenging environment.

## Tadley Primary School Gym Club

The Gym Club has been established to offer infants the opportunity to learn the basic fundamentals of team gymnastics within a safe and structured environment – giving the ability to learn from others. It teaches children important skills such as balance and co-ordination.

With expert supervision and coaching in a safe, playful environment, it's a great way for them to have fun whilst laying the foundations for an active and healthy lifestyle.

The sessions are always energetic and entertaining and with so many exciting activities for them to be involved in, while they are having fun they are also getting a head start in the world of physical exercise. The sessions will be led by British Gymnastics qualified coaches particularly skilled at working with infants.



## Gym Club Fees

One hour recreational Gym Club for infants fees are £7.50 per hour. The term fees will include membership of BG and the individual insurance provided by them. We expect that students will join the Gym Club for a minimum period of one term. Students enrolled will be automatically enrolled in the subsequent term while at the school. Please see our terms and conditions for details.



## British Gymnastics Core Proficiency Badges

The Core Proficiency Gymnastics Award scheme follows on from Preschool for beginners and children aged 5 years & upwards. The scheme assists in the progressive development of core skills such as balance, strength, flexibility and co-ordination and incorporates compulsory pulse raising activities.

There are 10 types of activity and 8 levels of attainment. Participants can choose from a selection of 80 activities to develop core skills within Advanced Proficiency Badges.



## British Gymnastics Advanced Proficiency Gymnastics Award scheme

For children aged 11 years & upwards, it assists in the development of core fitness (strength, power, flexibility, co-ordination).

The scheme offers a range of activities including Floor, Vault & Rebound, Pairs & Groups.

Further information on our gymnastics classes can be found on our website [here](#).

## Fee Discounts

Individual students or siblings who attend, or together attend, more than 2.25 hours per week of Lynden classes (excluding team and squad dance sessions) will be eligible for a discount of 15% on the classes taken (excluding dance team and dance squad sessions).



## What to Wear for Gym Club Sessions

We recommend that students wear any clothes that they feel comfortable in that allow free movement. They may wear either bare feet or plimsolls for Gym Club. To avoid accidents from slipping, please do not allow your child to wear socks or tights without shoes.



Long hair should be in a neat ponytail and short hair pulled back off the face for all gymnastics classes.

The Lynden gymnastics uniform is recommended though not mandatory for Gym Club sessions. A full list of our gymnastics uniform can be found on our website [here](#), or all uniform items can be ordered through our on-line store [here](#).

## **Correspondence**

All invoices and almost all of our correspondence is via email. We also display important notices and information on our notice boards. Our web site [www.lyndendance.co.uk](http://www.lyndendance.co.uk) is regularly updated and packed full of information and we have a very active Facebook page which is updated on an almost daily basis. Facebook is also our fastest way to get urgent information to parents concerning any class cancellations due to sickness or poor weather etc.

## **Enrolling your child**

Please register your child with us before starting a class. This ensures that we have all of your contact details in an emergency and enables us to send you relevant information via email. You will find the link to our database [here](#).

## **Schedule of Classes**

A full schedule of all classes that The Lynden School of Dance & Gymnastics offers can be found on our website [here](#).

## **Contact us**

Email: [Lyndendance@aol.com](mailto:Lyndendance@aol.com)

Website: [www.lyndendance.co.uk](http://www.lyndendance.co.uk)

Tel or text: Debbie - 07717 803080

Tel or text: Kelly – 07799 036736

Please join The Lynden School of Dance on Facebook for news and discussion.