



JANUARY 2025



Happy New Year!

Firstly, we would like to wish everyone a very Happy New Year and we are delighted to welcome you back to another year at Tumbles Academy of Gymnastics.

We would like to thank everyone for their support last month with our "Christmas Show", in particular all those who so helpfully donated to our prizes and the families who helped with the running of the event and stalls. The money raised is an enormous help for Tumbles and will go towards equipment as we continue to strive towards providing the very best for all of our gymnasts and families.

An exciting year lies ahead for our Tumbles family as we progress forward with skills, rewards, competitions and events. There is always a lot happening at Tumbles so please keep an eye on emails, newsletters and social media as we try and provide as much notice as possible for all future planned events.

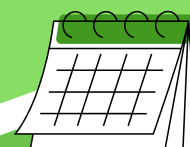
We look forward in anticipation to what 2025 has in store!



Birthday Parties

Book your child's party at Tumbles!

We have opened our 2025 calendar and dates are going quickly.



UPCOMING DATES

January

18 COACH ACADEMY DEADLINE

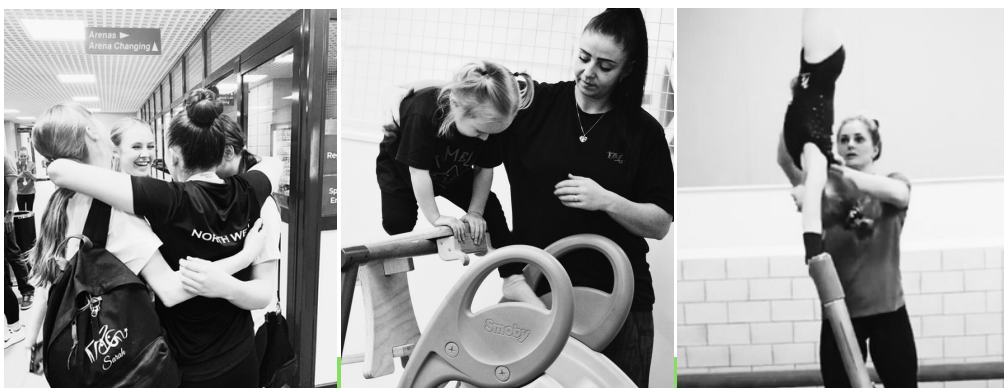
25 FAMILY PLAY 1PM - 2:30PM

**26 NORTH WEST TUMBLING
QUALIFIER**

February

01/02 PREPARATION GRADES

22/23 DEVELOPMENT GRADES

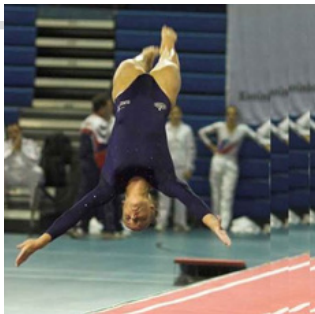
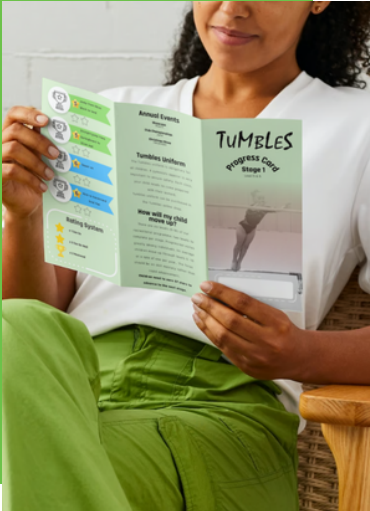


NEW RECREATION PROGRAMME

In 2024 British Gymnastics launched a new competition framework. We have made changes to our Recreational Programme to align with the new framework,

We will continue to run the Perfect 10 programme but with amendments to the skills. Gymnasts will now also work Range and Conditioning elements and bar routines from the British Gymnastics grades.

New progress booklets will be introduced by the end of the month and you will now be notified via email when your child completes a level or is ready to move up a stage.



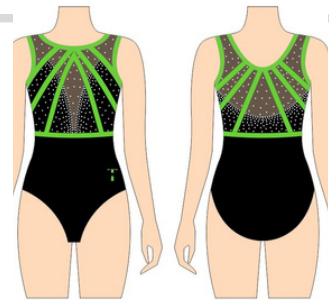
Tumbling

Tumbling will now follow the same framework as gymnastics. We will be introducing a Stage 3 level starting from February 2025



Earrings

Tumbles will no longer be providing plasters for earrings. If your child does not have plasters they will be asked to remove earrings following British Gymnastics Policy.



Leotard

A leotard for classes is compulsory after a gymnast has been with us for a full-term (12 weeks). A gymnast's apparel is very important to ensure safety. Leotards can be bought online via our shop

*"Practice creates confidence. Confidence empowers you."
- Simone Biles*



Coach Academy

Tumbles Gymnastics Club are always looking for ways in which we can further the prospects of the gymnasts who train with us and recruit parents who may have found the same love for the sport that we have.

Application deadline: Saturday 18th January

See information below

Lost Property

If you are missing any of your child's attire, please check our green lost property bins.

Any items left at the end of next week will be donated to charity.



Coacha

Coacha is for your child's medical and contact information only. You cannot change a class through the App.

To add or change a class please use our website.

EASTER SHOWCASE

Save the Date!



We are so excited about our annual Easter Showcase coming up in March!

We can't wait for your gymnast to show off what he/she has been working on this term!

15th/16th March 2025!



ACHIEVEMENT PHOTO

If your child has achieved a Perfect 10 Award, certificate, medal, skill card or Star of the Week. You can now take their picture in front of our Tumbles backdrop.

Be sure to tag us:

@tumblesacademyofgymnastics
#tumblesgymnastics

CONNECT WITH US



info@tumbles-gymnastics.co.uk



@tumblesacademyofgymnastics



@tumblesacademyofgymnastics

COACHING ACADEMY



Young Leader/Demonstrator (age 11 - 13 years)

The Young Leader programme introduces individuals to the various roles and opportunities within gymnastics. The academy aims to identify each individual's strengths and hopes to build on enthusiasm for the sport by enabling the young person to develop within the area of the sport they enjoy. They will complete courses, socialise, create and run projects and develop their leadership skills alongside many other personal skills. There is also an option to become a demonstrator and help our coaches show our beginners and younger children how to perform skills. There will be rewards given at various stages of the programme which will encourage young leaders to continue to participate.

Junior Coach (age 14 - 15 years)

Serving as a Junior Coach is a fun and rewarding way for 14 to 15 year old high school children to get involved with coaching, grow their leadership skills and make a difference! The Junior Coach is a volunteer position. All children in the Junior coach programme will complete a British Gymnastics Helper Qualification, Club Judge Qualification and will support the Young Leaders programme.

Academy Coach age 16+

The Coaching Academy is an initiative to provide budding coaches with the tools to start their gymnastics coaching journey. Tumbles will provide training and mentoring and will pay for your Level 1 UKCC coaching course, First Aid Training and Safeguarding course.

You must be committed to a minimum of 2 voluntary coaching hours per week to enrol on any of the above programmes.

If you would like to enrol in any other the above programmes please [CLICK HERE](#)

Two young women are standing side-by-side, smiling at the camera. They are wearing shiny, form-fitting leotards. The woman on the left is wearing a purple leotard with black trim and small white dots. The woman on the right is wearing a red leotard with black trim and small white dots. They are standing in front of a white door with vertical panels.

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