

Saltire gymnastics Preschool classes

On arrival, gymnasts should wait in the waiting area until called in by their coach at the beginning of class, a register will then be taken. After class we operate a sign out system where your child must be signed out (with a signature) by their parent or a person you have identified to collect them from class.

Gymnasts should wear comfortable sports clothing e.g. leotards, leggings, shorts all socks must be removed. No jewellery is to be worn - this includes stud earrings (if they cannot be taken out they can be covered with medical tape).

No Saltire specific kit is required for preschool and beginner gymnasts but we do sell Saltire a training leotard which can be ordered by emailing saltirekit@hotmail.co.uk. We also have club kit available to buy [here](#).

We are a Teamgym club therefore we focus on this discipline of gymnastics which involves floor, tumbling, trampette and vault. Pre-schoolers do beam and bar work for the purposes of strength and balance and to have some fun!

In the Preschool section of the club there is an opportunity to take part in a few displays throughout the year however these are optional. They are a great way for the younger children to see what the older children do as well as have the opportunity to show of their skills.

Toilets are located at the back of the building and to avoid disruption to classes we ask that only participants use them.

Session structure

We normally focus on a theme every week for example, the weather, space, Christmas, Halloween, shapes, numbers etc. and incorporate this into basic gymnastics skills and movements as well as fine and gross motor skills. The first 20 minutes of the class includes 'circle time' where children warm up, stretch and learn basic skills such as balances, jumps and rolls. They then go around 2 equipment circuits following each other around the obstacles for around 7 minutes on each circuit.

We are very excited that your child is joining the club, and we hope that they have a great time keeping active and learning new skills. If for any reason your child wishes to leave the club you are required to give 1 months written notice.