

Beginner Class Information

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. We do little beam and bar work and may only use it occasionally for the purposes of strength and balance.

In the beginner section of the club there is an opportunity to take part in a few competitions and displays throughout the year however these are optional.

Here is a copy of our annual plan:

	Begginers	Intermediate	Development
Term 1 Jan-March	New skills Reports cards	New skills Report cards 2 piece routine	
Term 2 April-June	Routine work Display work	Routine work Display work	
Term 3 Aug-Oct	Badges	Badges Teamgym skills	Teamgym skills 2 piece routine New skills
Term 4 Nov- Dec	New skills Christmas display		

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

We have many fundraising events throughout the year please keep an eye on our website www.saltireteamgym.com and our Facebook Saltire teamgym to keep up to date with everything going on.

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.