

NVRGC – Info for New Joiners

The date of the next trial session is on our home page. Please read this basic introduction and then go to our CLASSES page to book your place.

In your trial session we will run through a warm up, then body and apparatus skills and some body conditioning exercises to give you an idea of the way sessions are structured. Parents are invited to attend this session and ask any questions. After your trial, all sessions are drop and leave for safeguarding and health & safety reasons.

All sessions start with a cardio and stretching warm up designed to improve strength and flexibility. It is a very important part of gymnastics and helps prevent injury – arriving on time each week will ensure your gymnast is fully prepared. For their own safety, gymnasts who miss the warm up cannot participate for the rest of the session.

After the warm up, which is usually done all together, we break into smaller groups according to age and ability and how many coaches are available.

We work to strict coach : gymnast ratios for the safety and wellbeing of our gymnasts.

Coaches are DBS checked and attend regular safeguarding courses as well as being members of British Gymnastics. We also have a Welfare Officer should you have any safeguarding concerns regarding the club or your gymnast.

NVRGC is run entirely by volunteers. All the coaches and officials have regular jobs and families away from the gym and give their time for free.

Please talk to us at the end of the session if you would like to offer to help in any way – no previous experience necessary!

Rhythmic Gymnastics

Rhythmic is a dance-based form of gymnastics using hand held apparatus. Girls work with Hoop, Rope, Ball, Ribbon & Clubs and it takes lots and lots of practice to make it look easy.

Your gymnast does not need to have all the apparatus at once! Younger gymnasts usually start with rope and hoop before progressing to other pieces – your coach will advise you what apparatus they need.

All gymnasts under the age of 11 require a club leotard, older girls can choose either a leotard or the club training vest. Other uniform items including hoodies and leggings are available and listed on our website or on the uniform order forms on the noticeboard.

Gymnasts must wear uniform, have their hair fixed in a bun and bring water in a non-spill bottle for every training session.

Fees

You must complete the online membership process with British Gymnastics and pay the annual registration fee to the club. Our class fees are £5 per session (regardless of attendance) and these are billed approx. every 6 – 8 weeks.