



## **Oxford Academy of Gymnastics and Performing Arts**

### **Recreational Gymnastics Classes**

We are delighted to welcome you to our classes, please find below some information to help you prepare for your child's first class.

#### **Location**

All classes are based in the Main Hall at Lord Williams Lower School, Towersey Road, Thame, OX9 3NW.

Drop off for all classes is from the front entrance (Towersey Road). Pick up may be different, depending on your gymnast's class. We will send out your pickup point when your gymnast is invited to a class.

#### **Attire**

We have a club leotard which can be purchased directly from us at any point.

For girls, any leotard is fine for classes, shorts and t-shirts are also fine for new starters. Leggings/shorts can also be worn over the leotard. For boys, any unitard and shorts or shorts and t-shirt are fine for classes. All children work in bare feet.

Please tie hair up in a ponytail (if longer than chin length) and any jewellery needs to be removed before the class. If a piercing is new, tape/plasters must cover the piercing. We have our own range of clothing, please see the below links. Please note this is not compulsory.

<https://www.uniformcity.co.uk/school/Oxford-Academy-Of-Gymnastics-and-Performing-Arts>

[https://www.oneills.com/uk\\_en/shop-by-team/athletics/oxford-academy-of-gymnastics-and-performing-arts.html](https://www.oneills.com/uk_en/shop-by-team/athletics/oxford-academy-of-gymnastics-and-performing-arts.html)

#### **Fees and Term dates**

Fees are charged per hour and are payable in full at the start of a new term. 1 hour classes are £10.

We offer a £10 trial for new starters. After this trial, if your child would like to continue the full termly fee would then be due.

Our recreational gymnastic term begins in September, January and April and generally coincides with school breaks.

Please always refer to your 'Timetable and Term dates' document.

## **Registration and Insurance**

There is a yearly fee for compulsory insurance, this is payable in October/when you first join for the year. The cost is £15.99 for October 23-September 24.

You do not have to get this insurance before the trial, but this is compulsory if your child would like to continue with us after.

Please see the document 'OAGPA Annual Membership Insurance' on how to complete this once your child has attended their trial and would like to continue.

## **What we offer**

All classes will follow our own award scheme which teaches fundamental gymnastics skills all the way up to advanced gymnastics skills. All classes do a rotation of floor skills, equipment-based skills and acrobatics.

As a club, we specialise in Acrobatic Gymnastics, so within our sessions, gymnasts start to learn to work in pairs/groups to build balances.

## **Award Schemes**

We offer 2 different award schemes. A general gymnastics award scheme, where you can purchase certificates and rosettes for your gymnast's achievements and an acrobatic gymnastics award scheme, where you can purchase certificates and medals for your gymnast's achievements. In general, we focus on general gymnastics levels in September/October, and we focus on Acrobatic gymnastics levels in February/March.

## **Events**

We run an annual whole club show at the Waterside Theatre, usually in the summer term. All gymnasts can perform in this show, from 4yrs to 18yrs!

We run an optional club competition, usually in November, where gymnasts can compete in a fun, friendly environment.

As a club, we also run a summer camp 'Show in a week', which combines gymnastics/acrobatics, dance and drama. The summer camp is usually the second week of the summer holidays, Monday-Friday.

We look forward to hopefully seeing you soon!