

NEWSLETTER

January 7th 2022



February Half Term Camp



Our popular holiday camps are back again for February. Why not book a place for some active fun with our lovely coaches. It's a great chance to try something new and meet lots of other children.

Running Monday 21st to Friday 25th February, 9am to 12pm and open to both members and non-members aged 5 - 16 years. The cost is £75 for the week.

Book now through the website or booking portal. You can also view and book future holiday camps for the rest of 2022.

HAPPY NEW YEAR

We are so excited to welcome you all back after a lovely Christmas and new year break. We hope you've all kept safe and enjoyed some special time together.

At The Vault, the tree came down, The Vault Elf headed back to making mischief at the North Pole and Jane the Robin hopped off to find a friend for the spring. Classes began again on Monday 3rd and we have loved welcoming your smiling faces back to the gym.



As we begin our first full year in The Vault we have lots of exciting things to look forward to. We have new coaches to welcome, new classes starting, a club championship coming up, holiday camps every school holiday and new ambassador roles to award.

Read on for more details.....

A BIG warm Vault WELCOME to our new coaches

We are delighted to welcome into the team two lovely new coaches; Jade and Rachel. Jade joined us back in December and Rachel had her first week this week. They both bring a wealth of knowledge and enthusiasm to the roles and we know you will all make them feel very welcome.

We are, as ever, on the look out for more level 1 and 2 coaches to help us expand and diversify, so if you know of anyone who may be interested in joining our brilliant team, please ask them to contact us for an informal chat.

Become an Ambassador for The Vault with this new award



We are excited to announce that nominations are now open for a brand new award called the Christopher Newton Ambassador Award. If you would like to nominate yourself or someone else to be an Ambassador for The Vault during 2022, please have a look on our website for details about what is involved in the role and how to apply.

This exciting opportunity to get more involved in your club and learn some new skills, is open to everyone whether they are a member, parent, volunteer or staff member, and whatever their age or ability.

Closing date 31st January 2022.

Meet Your Coach & Beam Café Staff Member: Megan

Megan is another of our home-grown coaches. Those who are lucky enough to be coached by her, will know how friendly and fun she is. Here we learn a bit more about her:

"I started gymnastics when I was 7 and joined Carterton when I was 9, where I soon found a love for the sport. When I was 13, I asked Debbie if I could start to help coach, and she responded by measuring me with a banana!!

Everyone at Carterton gymnastic club soon became like family to me and I quickly found a passion for coaching and love seeing the children progress and seeing the joy on their face when they finally nail a skill.

I have recently started working toward my level one coaching qualification and hope to be qualified by the end of February and am looking forward to taking my coaching journey even further. I now train with the adults and love the support and encouragement that comes from everyone each session. You might also recognise me from working in the beam café. Everyone at The Vault has always been so supportive of me, both in gymnastics and coaching, and have really helped me to come out of my shell!!



Fun Fact: ever since she was little Megan has had an unusual fear of ordinary socks, which is why you will only ever see her in fluffy socks at the gym!



NEW! Comets gymnastics class For disabled participants and their carer

Inclusivity has always underpinned everything that we do at The Vault.

It was always our aim to provide a facility for every member of the community and we are very proud that we have successfully integrated almost 100 young people with a wide variety of special needs into our mainstream classes.

We are delighted to now be in a position to launch our new Comets class for those with more severe disabilities who need to attend with a carer/supporter.

Our Comets class starts in January and runs on Saturday mornings from 11.30—12.30.

Class sizes are kept to a maximum of 6 participants (plus carers) and can be tailored to the needs of the individuals. Please contact us to discuss your individual needs, and have a look at the disability page on our website to find out more.



Spring Brings Club Championship To The Vault

Plans are well underway for our annual club championships, which will be held in the spring.

This is a competition for every member of The Vault to take part in and is a celebration of our wonderful club. It is a great opportunity for children to experience the nerves of performing and overcome them in a supportive environment, as well as a chance to see the progress your gymnasts have made.

Although not compulsory, we encourage everyone to take part. Even the most nervous and shy have surprised both themselves and their adult and had an incredibly positive and confidence boosting experience.

Here is one of many comments from our Halloween competition:

"He would not even stand up at the front of his class, but today, he got up and did his routine in front of lots of people, despite his nerves. I didn't quite bank on the confidence growth gymnastics would give."

More details coming soon.....

Make 2022 The Year You Try Something New!

We are always increasing the range of classes that we offer, and as well as the new Comets class above, we are also now able to offer a class for over 50's, a lunchtime adults class and our Tadpoles baby class.



We have also added more Little Stars classes and are running a drop-in, free-play Tumblers session for under 5's, at the same time as our Little Stars classes Monday to Thursday. This means siblings can be entertained as well!! Tumblers sessions cost just £4.



Just a reminder.....

You must wear a face mask when entering/leaving and moving around The Vault. You may remove your mask to eat and drink when seated in the café. Masks are not worn during classes. Thank you for your cooperation in keeping The Vault open and safe for everyone.



The Vault

www.cartertongym.co.uk