

NEWSLETTER

July 2nd 2021



SUMMER HOLIDAY CAMPS

Don't miss out, book your place on one of our fun-filled week long holiday camps now.

Monday to Friday 9am to 12pm for just £70

Camps run w/c 26th July and 23rd August

Open to members and non members, aged 5 to 16.

Come and enjoy a fun-packed week filled with: gymnastics on superb equipment, games, treasure hunts, table tennis, obstacle courses and more....

Run by experienced, fun and friendly coaches.



Welcome to your Vault Newsletter

We are so proud of how all the children are settling into their classes and working so hard on their skills. They have learnt so much already and so last week we introduced a bit of fun and variety with our "Blast Class".

This involved fast and fun circuits of the gym and they all had a blast

(hence the name) and I'm sure we sent some tired gymnasts home last week!

A massive thank you to all our staff and volunteers, both at the gym and behind the scenes, who have been working so hard.

BLAST CLASS!

New to gymnastics at 48? We follow Paul's journey as he gives adult gymnastics a try

Seeing my daughter do amazing things at Carterton Gymnastic Club, I had always wondered what it would feel like to have a go at swinging on the bars and doing somersaults. Being in my 40's though, taking up gymnastics seemed like a crazy idea. However, this week I finally plucked up the courage, signed myself up and turned up yesterday feeling pretty nervous at my first Adult class at The Vault.

Our coach George and the other adults in my class were so friendly and supportive and I have to say, I was grinning from ear to ear by the end of the session. We went round the apparatus as a group, each of us at our own level. I had a go on the rings and P bars as well as the floor and I surprised myself with how much I was able to do on my first go.

My daughter was a bit embarrassed to cross paths with me on the way out, but at least I wasn't wearing a leotard!

I am aching a bit today but can't wait to find out what we will be doing next week. One thing I really want to be able to do is a handstand. I will keep you posted on how I get on.....

Work in our Beam Cafe



It won't be long until we can welcome you all in to our Beam Café for drinks and treats, so we are looking for staff aged 16+ to cover the following shifts:

Mon to Thurs 3.30-6.30pm

Saturday morning 8-12am

If you are aged 16 plus and are interested in one or more shifts, please email your CV and the shifts you would be interested in to cartertongymnastics@outlook.com or call 01993 870778 for more information.

Closing date 18th July.

Choose from over 50 classes!

That's right! We now have more than 50 classes for you to choose from. From Pre-school to Jazzercise, Dance Acro to Pilates, Adult Gymnastics to Yoga, there is sure to be something for you.

Have a look on our booking portal <https://app.iclasspro.com/portal/cartertongym/booking> or website www.cartertongym.co.uk to see what we offer.



The Vault

www.cartertongym.co.uk

Just a reminder.....

Don't forget that for all classes except Bunnyhops, Tumblers and Adults, you will need to wear the club uniform. This is available to purchase from The Vault Shop on our booking portal: <https://app.iclasspro.com/portal/cartertongym/products>. Items can then be picked up from The Vault when you attend your class.

For those who have ordered and are waiting for items, we have had some delays from our suppliers. We thank you for your patience while staff work hard with the suppliers to organise a more streamlined delivery process.