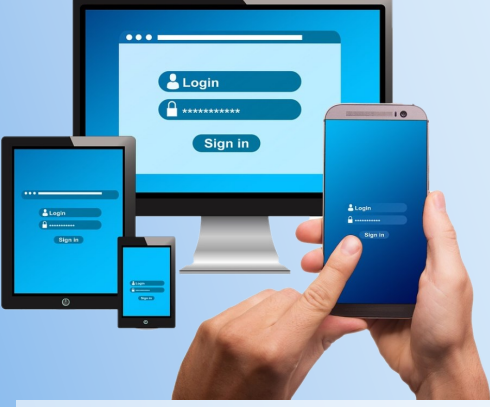


NEWSLETTER

February 4th 2022



QR Code 'Check-In' Coming To The Vault



We are always looking at ways to improve your experience at The Vault, and have been working on streamlining your check-in process.

You will shortly see a screen mounted on the wall in reception where you can either scan a QR code from your phone or check-in with a telephone number stored on your account.

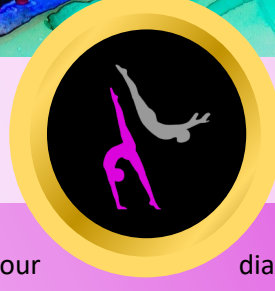
To get the QR code you will need to have the iClassPro app, which can be downloaded from your app store (such as Google Play). Once downloaded, select the facility as Cartertongym and then sign into iClassPro as you would normally. The QR code will be generated automatically for you and you then hold that up to the screen when you arrive at the gym.

If you are unable to use the app, you can also check-in at the screen with any of the telephone numbers associated with your account. If there is more than one person likely to be dropping your child off, please make sure their number is logged on your account (you can add as many numbers as you wish).

Once your child is logged in, please do not leave them unattended until they have been handed over to their coach at the start of the class.

If you have any problems please ask a member of staff and they will be happy to help.

Club Championship



**Sunday
3rd April**

Get the date booked into your diary because this is one event you will not want to miss! Carterton Gymnastic Club have always held an annual Club Championship in the past, but this will be the very first to be held at The Vault.

We would love everyone to get involved and take part in this wonderful celebration of our gymnasts and how well they are doing. Spectators will be welcomed in to watch them compete and there will be demonstrations from some of our other disciplines.

We understand some gymnasts may feel nervous about taking part, but this is a great opportunity to overcome fears in a safe and supportive environment. We want as many children as possible to access this experience and are here to provide help and advice with nerves - we have all had to overcome them at some point!!

Routines have been sent out by email and gymnasts will need help to learn them at home.



Entry for the competition is £15 and the closing date is the 5th March. There will be a £2 charge on the door for spectators and our café will be open serving food and drinks. A commemorative t-shirt can be ordered online in advance, or on the day.

Come and join us, it will be a wonderful day!

Meet Your Beam Café Staff Member: Francesca

Francesca is another of our lovely young café staff. Always to be found with a smile on her faces, it feels like she has always been here. Here she tells us a bit more about herself:

"I became a member of the beam cafe in August last year, I love working here and genuinely enjoy making hot cups of coffee and tea, and making sure I get the right flavoured fruit shoot! Everyone here at the vault is so welcoming and friendly it makes my experience here super worth while! I have loved watching the gymnastics club grow and become its own little community. The highlight of my year was definitely seeing Debra dressed as a Christmas tree!"



Fun Fact: Francesca has an unusual phobia - Pittakionophobia - the phobia of stickers!

Comets Class Taking Off!

We have been thrilled by the response to our new Comets class for disabled participants and their carer. We have had lots of interest and are looking to add an additional class shortly.

If you are interested in finding out more and discussing how we can help you to access gymnastics, please email us at cartertongymnastics@outlook.com or ring for a chat on 01993 870778.

**SATURDAY MORNINGS
11.30am to 12.30pm**

Max 6 participants plus carers
Book a space and come and give it a try for a couple of weeks

Grab your kit and go with our new drawstring sports bags

Get organised this year with one of our stylish sports bags. With two bold designs to choose from, it is the smart solution to keeping all your sports kit together.

They are available to buy from our online shop for just £10 each.

Just click on ProShop on the booking portal, and don't forget to name your bag once you get it!!



New to gymnastics at 48? We catch up with Paul as he prepares for his first competition!

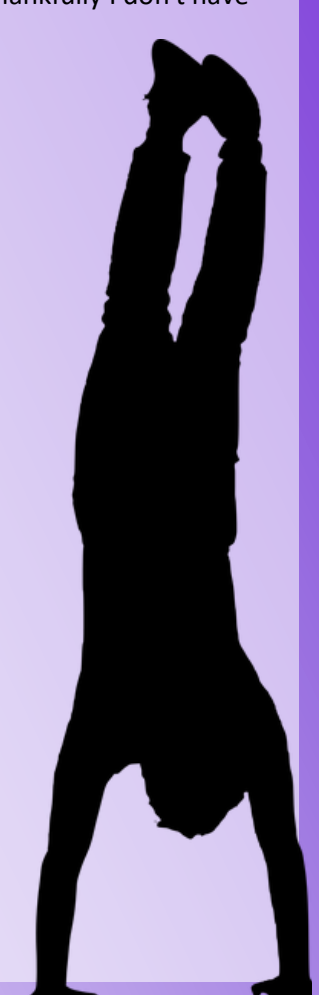
You may remember my first article back in July, right at the very start of my gymnastics journey, when I had never even considered gymnastics and could only dream of being able to do a handstand.

Well, 7 short months later I have just turned 49 and am preparing to enter my first adult competition, in Portsmouth, on the 20th February. I'm told it's a fun and friendly competition and thankfully I don't have to wear a men's leotard!

I have really surprised myself with how much I have progressed and how much I am loving my training sessions. I have particularly enjoyed learning the pommel and unbelievably I have a short routine on all 6 pieces of men's apparatus. I am nervous and this is quite a challenge for me, but coaches Debbie and George have both been great helping me pull together my learning from the past few months into something presentable, and giving me the belief in myself that I can do this.

There are a number of the adults heading down for the competition, along with a few supporters and it promises to be a great experience. It's not about medals or competing against others, it is all about challenging myself to stand up on the day and perform what I can.

Have you ever considered giving adult gymnastics a try? Then why not! Wish me luck, and I'll let you know how I get on.....



Some of our adult gymnasts at a previous competition

Just a reminder.....

We run cheerleading classes with the Allstar Heroes on a Sunday morning at 9.30am for ages 5 upwards.

Come and give this high-energy, team-based sport a try. For complete beginners to those with experience. See more on our website.



The Vault

www.cartertongym.co.uk