

# NEWSLETTER

July 16th 2021



## Parties at The Vault

Did you know, you can now hold your child's birthday party at The Vault?

What child doesn't want the chance to bounce, swing, jump and balance their way through an hour of fun with their friends at the best birthday party ever?

Our fun and fully qualified coaches will be on hand to keep things safe.

In addition, to round off your adventure you can book our beam café where they can swap experiences while enjoying their party food.

Find out more on our website and get in touch to book.



## We're open all summer!

Can't bear the thought of no gymnastics for 6 weeks? Fear not, all classes and free-play sessions at The Vault continue as normal throughout the school holidays.

We can keep your little ones busy in a pre-school class, keep you fit and fantastic with a yoga, jazzercise or adult gymnastics session or provide some child-care with our fun-filled summer holiday camps in the weeks beginning 26th July and 23rd August.

Have a look at our website for more details.

## Spotlight on....Jazzercise!

Julie, Stef and Kerry run this exciting fitness class at The Vault on **Wednesdays from 6:30 -7:30pm.**

Channel your inner diva in the original dance party workout, blending dance cardio with pilates, yoga, kickboxing and strength training. Set to your favourite music their signature Dance Mixx class is a full-body workout combining 40 minutes of high intensity, dance-based cardio with 20 minutes of strength training and stretching.

With easy-to-follow moves, one of their certified instructors will motivate you to a happier, healthier you.

All classes must be booked in advance. Details on the website.



## Meet the Coach: Rebecca

There are lots of you who are lucky enough to be coached by the lovely Rebecca, another of our wonderful home-grown coaches. Here we learn a bit more about her:

"I started at Carterton Gymnastic Club at the age of 7 along with my sisters, and have been here ever since! I started coaching at the age of about 14 for my Duke of Edinburgh Bronze Award, and following that, Debbie asked if I wanted to coach regularly on Saturdays and work towards my qualifications. I am now a Level 2 qualified coach and get such a buzz from seeing the children's faces once they master a move.

At 17 I had the option to join the adult squad, and competed with them for about 3 years. The competitions were fun and friendly and a chance to meet other adult gymnasts, as well as being a bit of a family affair with my Dad, Colin and my sister also in the squad."



**Fun Fact:** When Rebecca is not working hard coaching our lovely gymnasts, she likes to spend most of her time asleep.....We've yet to find her having a snooze in the pit though!



## How The Vault has provided a positive space for this family....

Gymnast, Jessica;

*"I took a break from gymnastics for a few years after being part of the recreational club from the age of six. I wanted to pick up a sport again and to do something for myself outside school. Gymnastics has been fantastic and joining the The Vault again at 15 years old is great for me. It is a great sport for building confidence and upper body strength. Each week I can see improvements in my ability on each piece of apparatus and the coaching staff are so encouraging to all of us, to be the best we can be. I love it, it's been the best thing I've done to come back to gym. As I start my GCSE year next year The Vault will give me the opportunity for time away from school and studies, where I can concentrate on another side of me and have fun."*

Mum, Kathryn;



*"As parents of a child living with Type 1 Diabetes we have never wanted the condition to define her or prevent her from doing anything, particularly in sport. For sure, we need to make sure her blood sugars are stable enough to deal with exercise, but T1 Diabetes lives with her and that's how she approached things, it is something she needs to deal with, it doesn't take control of her. The Vault have been fantastic, they took time to understand her individual needs and they allow her time out should she need it and above all else she is safe. She is confident and healthy and whilst other sports such as running is seeing an increase in participants as it is accessible as an individual activity, gymnastics is certainly the favourite in our family."*

## Cheerleading at The Vault

Exciting news! Cheerleading might be coming to The Vault.

If you are interested, please email us at: [cartertongymnastics@outlook.com](mailto:cartertongymnastics@outlook.com)

## First Aid training course for parents

As parents we all have to deal with the odd cut and bruise, but would you know what to do if something more serious happened?



We are very lucky that our coach Pooh is also a paramedic and runs First Aid Made Easy. She is putting on a 3 hour first aid course for parents at The Vault on: **Tues 24th August 6pm to 9pm.**

The cost is just £20 and includes an attendance certificate at the end.

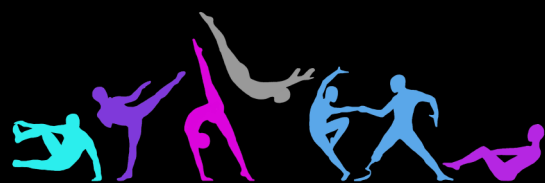
You can book a place through our booking portal IClassPro: <https://app.iclasspro.com/portal/cartertongym/camps/7>



## HELP! The Vault needs you

Are you handy with a screwdriver and hammer? We have been donated some chairs for our café, but a few of them are rather wobbly. Would you be able to come and help us mend them next week? Please call 01993 870778 if you can help.

I promise you will be a superhero in our eyes (but you don't have to wear your pants over your trousers...!)



# The Vault

[www.cartertongym.co.uk](http://www.cartertongym.co.uk)

## Donate your leotard....

We know your lovely leotards are still barely out of the packets, so this may seem a bit premature, but we also know how fast kids grow. With that in mind, we would be very grateful for future donations of used but good quality leotards and Vault T-shirts that can be sold on for a small fee or donated at our discretion to other gymnasts. Thank you in advance!