

# NEWSLETTER

Issue 28 • Friday 22 July

## Just a reminder!

All existing classes will continue throughout the summer holidays!

## Dont' forget the water!

Phew! The weather is a little dodgy at the moment and the gym is a little warmer! So make sure to bring a nice big, cold bottle of water for your class!



## Our own MARTIAL ARTS CLUB!

We are very, very excited to announce that we will be having our very own Martial Arts Club - with a new name, our own colours and everything! More news coming soon!

# Summer workshops & camps



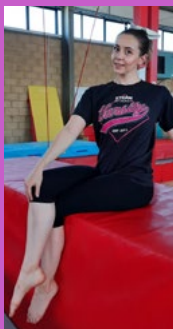
## 3-week Gymnastic Summer Holiday Camp

Come and learn more skills; come and try for the first time, make new friends, experience a first class facility, gain more confidence, run by experienced fun-loving coaches!

- 25<sup>th</sup> - 29<sup>th</sup> July, 8<sup>th</sup> - 12<sup>th</sup> August, 22<sup>nd</sup> - 26<sup>th</sup> August
- 9.00am - 12.00pm
- £20 day rate / £85 week rate
- 5-16years



## CHEERLEADING WORKSHOP

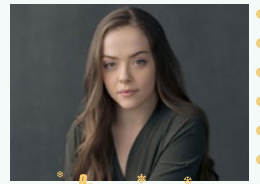


Come and experience stunting, pyramids, baskets, tumbling, jumps and dance. Learn the discipline in a supportive, and encouraging environment with Jas and Mash!

- 31<sup>st</sup> August
- 9.00am - 11.00am (4-9years)
- 11.00am - 1.00pm (10years +)
- £20 per session



## Theatre Choreography Workshop



Come and learn to *dance*, as if you were on *stage* with West End Performer Kazmin Borrer

Learn original West End musical choreography from the international hit musical and film 'Everyone's Talking about Jamie' with a professional musical theatre performer Kazmin Borrer.

We are honoured that she is coming to The Vault!

- 2<sup>nd</sup> (1-3pm) & 3<sup>rd</sup> (10-12am) August
- £25 per session (2hours)
- 7years +



## CIRCUS WORKSHOP

The workshops by Jas will be an inspiring and fun selection of modern circus and performance skills, focusing on ensemble and props. Everyone will get a red nose and certificate for taking part.

- 17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> August
- 9.00am - 11.00am (4-9years)
- 11.00am - 1.00pm (10years +)
- £20 a session • £50 for all 3 session bookings



## Can you help?

Last Newsletter, we launched our Summer workshops & camps, as you'll see again above. Are you able to help us broadcast all of them on social media for us? We are creating the events on FB in the next couple of days and would love your help in letting as many people know, as possible! All the workshops are now available on our website [cartertongym.co.uk](http://cartertongym.co.uk) and we've put a summer classes link on there with all the info you need. **Don't forget** - we're also looking for lots of people to help us, by becoming the 'Voice of the Vault'! So get in touch, if you are able to help!

Thank You!



# MARVELLOUS MAISEY

On Wednesday Maisey came in to The Vault for work experience and became our Receptionist at The Vault for the evening! She did such wonderful work and was so helpful that she will now be there to welcome everyone, every Wednesday! Welcome Maisey!!



**Training new Talent...**  
A **huge** welcome to Hayley and Maryam who are training with us to be gymnastic coaches!

# Look who's coming!

Sometimes, it is so wonderful to keep in touch with every- one of our staff and this time, it paid off!

**Jas & Laura are coming back!!!**  
After many years of being away from coaching, they are both coming back to join our team! It's so wonderful to have you ladies!



**In The Vault, you don't need wings to fly...**

I'd never heard of Carterton Gymnastics Club or The Vault, until one of my friends said about taking my little girl, Mackenzie, to one of the Tumbler's classes, where they could have a huge amount of fun and (to be honest) tire them out a little!

A couple of months on, I had the honour of meeting Debra and the team at The Vault, in the hope of helping them with design, marketing and publicity.

I cannot tell you how the experience WOW'ed me to the moon and back. I've never been to a facility like it; the space, equipment, time spent to accomodate everyone - phenomenal. The attention to detail is amazing and the first time I walked on a springy and sinking floor (I'm sure they're the words) was brilliant!

Debra and the team were instantly welcoming, and after working with them for a while now, I already feel part of a family. One I enjoy being a part of and one that others should experience!

Little did I know, about how much goes on at this wonderful facility; classes for little one's - structured or a 'let them go wild' (as I call it), gymnastic classes for everyone from 4 to, well, there is no age limit.. Pilates, yoga, dance acro (can't wait to see that), cheerleading, circus skills, theatre choreography and now there is going to be a new Martial Arts Club (A Mackenzie favourite to be)!

A huge thank you to everyone for being so welcoming and hopefully I'll get to say hi to you all in person or on social media at some point!

**Jayne** 😊



# EMERGENCY CLOTHING!

We have an emergency clothing drawer with shorts and tshirts, and it is getting low. We loan clothes out to children, particularly 3 to 8 year olds, and we are running out. If you have anything you could donate, please could you let us have them?



# Don't forget!

If you are keen to learn to become a judge, please speak to Debra. We are looking at some introductory training, whilst we are waiting for the next course.

Are you **Passionate** about helping others achieve their dream?

Are you a **Gymnastic Coach** who aspires to be more?

Would you like to be **Part of a Family** who works together?

Would you like a **Job you Love** so you never have to 'work' a day in your life?

**Gymnastic Coaches!** At Carterton Gymnastic Club CIC, run by Debra Courtenay-Crane BEM...  
...and a brilliant team, we are looking for Gymnastic Coaches to join our team!

- Level 1 & Level 2 (or above) qualified
- Full-time & Part-time (flexible hours)
- A competitive £12.65 p/hr (L2)
- Based at our Carterton Gym
- Closing date: 1 September 2022
- Contact: Debra on 07702 123654

**The Vault**

www.cartertongym.co.uk