



Stockport School of Gymnastics

October 2020 News



Nights are getting colder, time to get the Onesies out! Already happening in our Rec Classes. The social distancing is going well and there is no change to anything we do at the moment with the Rule of Six and the Stockport Lockdown; we are already doing it.

The QR code required to make the NHS Test and Trace is displayed in the entrance so do support the system if you have downloaded and are using the App.

The Pre-School classes have started and we have 9 sessions available on Monday, Thursday and Friday. We will add more as the demand grows.

The popular holiday camps are running throughout the half term holiday from 26th to 30th October. Each morning is for the Club gymnasts and all afternoons are for Rec gymnasts. All are welcome, but note that in each session we are limited to 18 gymnasts so book early.

We have more weekday Rec classes starting in November and will be inviting gymnasts in from the waiting list. If you want to transfer, then get your name on the waiting list and we'll be in touch.



Contacts

Office

office@stockportgymnastics.com

Welfare

welfare@stockportgymnastics.com

Websites

General

www.stockportgymnastics.com/wp

Competitive

www.stockportgymnastics.com/club

Facebook

[@stockportschoolofgymnastics](https://www.facebook.com/stockportschoolofgymnastics)

Instagram

[@stockportschoolofgymnastics](https://www.instagram.com/stockportschoolofgymnastics)

Merchandise

www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home



Recreational Classes

September to November Term

The increase in gymnast numbers in each group to 6 has worked well and hence we are at 50% normal capacity.

November to January Term

We plan to increase to 6 groups per session, but will retain 6 gymnasts in a group for the weekday and Saturday sessions. This means we are running at 75% capacity and we think that this will allow all gymnasts the sessions that they want. The extra classes will be offered to those on the waiting list and will then go on the website. We will ask for a deposit and then full payment will be required in November. This term will be on invoices, as we usually do, and we will sort out the credits and underpayments from the August and Sept-Nov Term. The same time slots will be offered to all gymnasts taking classes in the Sept-Nov term in the Nov-Jan term unless they have paid the deposit for a different slot online. We will be contacting all those on the waiting list at the start of October so if you want a weekday session put your name and preferred session on the waiting list which is online on the website.

Offerton

The latest news on our facility at Life Leisure Dialstone is on the SMBC Website:



Our leisure centres at Marple and Offerton will remain closed until further notice due to difficulties implementing social distancing guidelines and financial viability issues.

In a follow up query to Life Leisure we understand that they will continue with not opening until the end of October and then will start to decide what to do. With this uncertainty we would suggest that any gymnasts who trained at Offerton should transfer to Newby Rd for the time being. We think it may be some time before we are allowed to use the Offerton centre.

Pre-School

We are currently not allowed to have parents in the centre viewing from the balcony, which means that we are unable to offer the usual Pre-School classes without parents. All classes are based on parents staying with the gymnasts and helping to support their own children.

All classes are now structured and are designed for children from 2 and a half year olds to 4 year olds, essentially until they go to school.

The Pre-School with parent sessions are on Monday, Thursday and Friday with staggered starts for each session. The sessions are all 45 minutes long. The start times are 10.15, 11.15 and 12.30.

We are able to add more sessions in if the demand is there so contact SSoG if there is a different time that is better for you. No guarantees as we do need 6 gymnasts to make the class work. We are looking to add a class at 9.15 each day so add your name to the online waiting list to show interest.

Costs are £5.00 per session, payable by the term.

**NEW CLASS
ALERT**

**NEW from
November Pre-
School 9:15 am
Monday,
Thursday and
Friday ...**

Holiday Camps

We are running our very popular holiday camps every afternoon in the October 2020 Half Term School Holiday (26th – 30th October 2020). There will be 3 groups of 6 gymnasts each afternoon with staggered starts and finishes using the guidelines from BG and with the Covid-19 precautions as published on the front page of the website. The sessions are 3 hours long and suitable for all recreational gymnasts.

Please book a few days before at the latest so that we can organise coaches.

Please bring sufficient drinks with you.

You don't need to be a member of SSoG to attend our camps and you don't need British Gymnastics insurance as we provide this as part of the session fee of £15.00.

We also have Club camps run on the same basis each morning. Links have been sent to Club parents. They are not on the website

BG Insurance 2020/1

To take part in our gymnastics sessions, you will need to be a member of British Gymnastics (BG).

BG membership is an annual fee due in Oct 2020 and lasts for 12 months. SSoG has changed the way that the fees are paid. They must now be paid directly to BG as you register. The fee is not invoiced by SSoG.

For existing members, BG will send you a reminder that memberships is due, but you can renew at any stage from 1st September 2020. If you renew your membership before the 31st October then the fee is reduced:

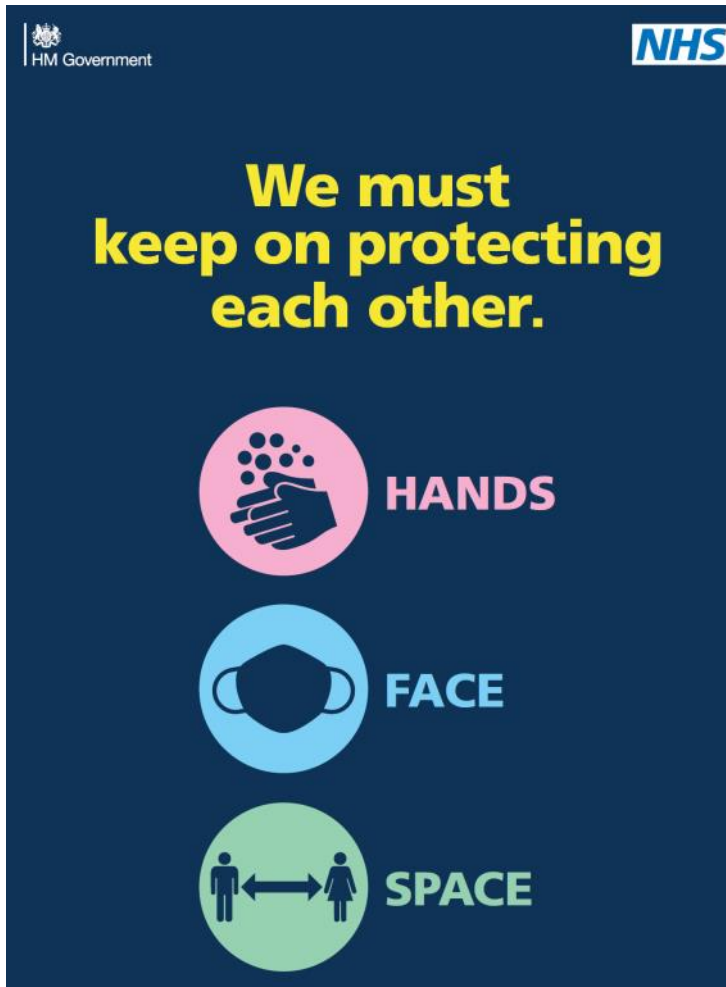
Pre-School before 31st October – £10.00. Nov onwards £13.00.

Recreational and all other classes (Teens and Adults) before 31st October – £15.00. Nov onwards £19.00.

Competitive gymnasts should pay the Rec fee unless informed differently.



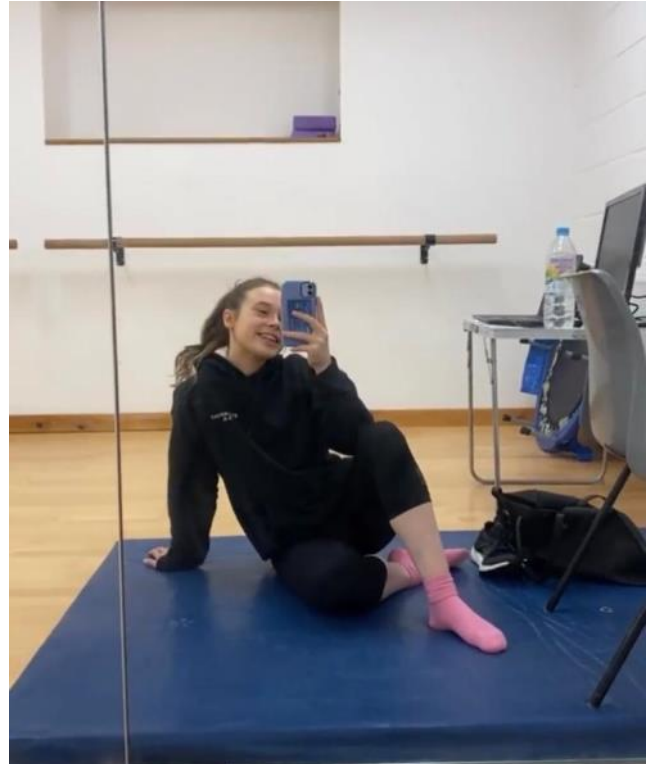
Test and Trace



We hope you have had a great holiday if you have been away this summer. With the ever changing situation on the green countries please do not come into the gym to coach or to train if you should be quarantining or have been advised to self isolate by the Test and Trace team. Let us know and you can join our

Zoom

We are still limited on the club hours in the gym, but supported splendidly by Tracey and Kate on the Zoom conditioning and Gina and Kay on the Dance Zoom sessions. Gina seen here in the dance studio getting ready to dance.



Zoom sessions. It's the same for the bubbles that you have at school. If you are having to self isolate as someone at school in your bubble has tested positive, DO NOT come into gym. The consequences of not isolating are serious. Try out the Zoom sessions.

Ollies Army

Carl Thomas completed his 26.2 mile marathon in less than 24 hours raising £23,000 for Ollie's Army. That's a real achievement. You can still donate on his Just Giving page.

