



# Stockport School of Gymnastics

## September 2020 News



The classes restarted on 3rd August and we have had a month to make sure that all of the plans supported a COVID safe return to gymnastics. The main concern was that we could maintain social distancing as we are not allowed to operate in bubbles as schools do. The experience was good and in hindsight we were probably a little too cautious as the gym seemed empty and social distancing was easily maintained.

We have increased the number of gymnasts in the session for the Sept-Nov term to approx. 50% of the normal numbers and for the Nov-Jan term we will increase the places available to 75% of the normal numbers.

We do apologise if you were unable to get your normal day or time, but with the numbers having to be reduced it was always going to be the case that we couldn't accommodate all wishes. We have put extra classes at weekends to give more choice.

We hope that with the extra weekday and Saturday morning classes in November that everyone will be able to get back to gymnastics. We are delighted to welcome all members back.

### Contacts

#### Office

[office@stockportgymnastics.com](mailto:office@stockportgymnastics.com)

#### Welfare

[welfare@stockportgymnastics.com](mailto:welfare@stockportgymnastics.com)

### Websites

#### General

[www.stockportgymnastics.com/wp](http://www.stockportgymnastics.com/wp)

#### Competitive

[www.stocportgymnastics.com/club](http://www.stocportgymnastics.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](http://www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home)

# Recreational Classes

## August

The classes started with 4 groups in the gym with staggered starts and 4 gymnasts in each group. We knew there would be families on holiday so we wanted to see if the social distancing measures we put in place worked. They did and as you can see from the pictures the gym looked very empty.

## September to November Term

Based on the success of the August trials we have kept with the 4 groups per session, but increased the gymnasts in each group to 6. This means that we are at 50% normal capacity and so the weekday and Saturday AM sessions are not easy to get. We have put new sessions on Saturday PM and Sunday AM to ensure that all gymnasts have an opportunity to resume classes.

## 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. Do ask the office if you move your sessions from your current time for the Nov-Jan term.

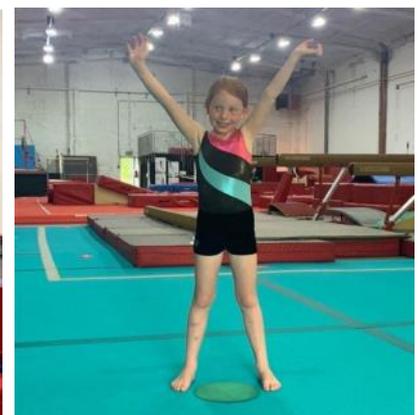
## Offerton

We have no firm news on the future of the Offerton Centre. Life Leisure have been allowed by SMBC to open their big centres in Phase 1 and the smaller centres with fitness suites in Phase 2, but have not announced any dates for the Offerton Centre. Even the Phase 2 centres that are open are not allowing block bookings. 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.

## Session Organisation

The classes are still being run with a staggered start and finish to keep the number of gymnasts in the hall as low as possible. We still cannot admit parents into the gym to view. The gymnasts will leave the gym through the fire door at the far end of the gym and will be delivered to you at the front of the gym by their coach. Do feel free to talk to the coach on progress.

If you have any questions do communicate with the office. Email is best as the office is not manned full time, we too do a bit of working from home.



## Pre-School Classes

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. How-



ever British Gymnastics have sent some good ideas on how we can run classes with parents. This looks like a good plan as with the social distancing coaches are not allowed to



support gymnasts so the parents can help with the moves.

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.

We have been doing some trials and have developed a for-



mat that works and after getting feedback from parents who attended are ready to offer classes for the Sept—Nov term.

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.

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

This class can be booked, from 10th Sept, and paid for online. Existing Pre-School gymnasts have already been sent a priority invite to sign up.

## 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:

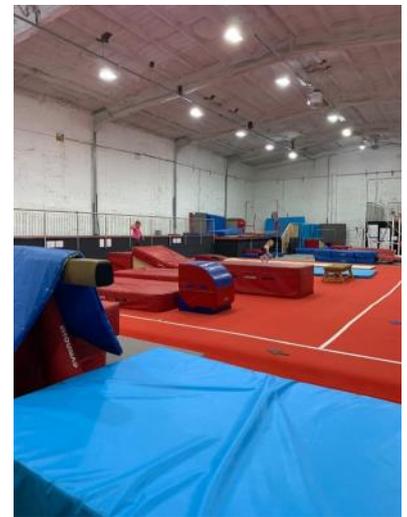
Pre-School before 31st October – £10.00. Nov onwards £13.00.

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.

## Club is back too

The competitive gymnasts have started back in the gym with their hours reduced temporarily to allow more rec classes to operate. Their Zoom conditioning and dance classes continue and it won't be too long before all is back to full training before the 2021 competition programme starts mid year.



## Ollies Army

The gym has supported Ollies Army in previous years as Ollie's mum Lucy was both a gymnast and coach at SSoG. However some of our gymnasts

also do Martial Arts with Carl Thomas and his fund raising event for Ollies Army is truly unbelievable. We are happy to advertise his marathon.

