

HAPPY NEW YEAR!



Welcome to 2021

We would like to say a massive thank you to all of Team SSOG - the parents, the fundraising team and our staff, you made 2020 such a better year. We hope you all managed to have a good safe break with your family for Christmas and brought in the New year.

All sessions should have started back on Monday 4th January and we are sad we have not been able to welcome you back in to the gym yet, however due to the national lockdown we have taken this online. You should have received an email with this links for the zoom classes. You can find the links for Preschool, Recreation & Youths on the website. Club links have been sent to you, if you have not received them, please email the office or Tamlynn.

Lets keep active, keep smiling and hoping for a more positive 2021!

What's in this issue?

Goodbye to a long standing partner site

Fundraising and competitions

SSOG kit

Goodbye to Dialstone

We have made the decision to stop all of our gymnastics classes at Life Leisure Dialstone in Offerton. The continuing closure of the centre and the uncertainty of whether the centre would ever open again due to long term financial viability was a concern. However the storage of our equipment in an unheated unmaintained building on a long term basis was the main reason to stop using the centre. We have had to move all of the Dialstone equipment back to Newby Rd as it was starting to deteriorate. This is the end of an era for SSoG as we have been associated with Dialstone since the club was formed in 1986.

This is the old Dialstone Centre in 2011 on Lisburne Lane in Offerton just before it was demolished in 2011 to build houses.



There was a large car park and 2 halls where we trained on Monday and Thursday evenings and all day Saturday and Sunday.

The small gym looked like this during the day...





And like this when we were training.

Similarly, the sports hall was normally used for badminton and 5-s-side football during the day....



But when we were training, lots of kit.

One common feature of the Dialstone classes is that we had huge parental support, which we were extremely grateful for, as the equipment had to be put out at the start of every session and put away at the end. We will not miss this one bit!

In 2011 we moved to a temporary facility in Offerton, which was designed to last for 3 years and we kitted it out as below. 9 years later the build is still standing and we will be sorry not to be there.



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All our classes will now be run at the Newby Rd. centre and we hope that the centre at Offerton survives the pandemic and that we are able to play a full part in the future.

Fundraising & events - What's on?



Christmas decorations Competition Winner

Well done to all the Christmas decoration designers.

You all made it hard to choose a winner, our Club coach Mike Dooley had the job of picking a winner and he picked this lovely Snowman.

Here is Patrick picking up his prize.

Great work!

Bag 2 School – POSTPONED until restrictions lift. We will be rearranging when they are able to collect after lockdown is lifted.

Bag 2 School is a company that specialises in the reuse and recycling of good quality second-hand clothing. All the bags will be weighed and SSOG will be paid for the total weight collected.

We are collecting good quality items for RE-USE:

clothing, paired shoes, handbags, belts & accessories. (No uniforms, workwear, pillows, duvets or pieces of fabric please)

The more we weigh the more we pay!

If you could keep this in mind when sorting through your unwanted/needed things, it could really help raise us some funds.



Walking to the North Pole

The Ladies fitness members have been trying to get to the North pole since mid November. It was only 2529 miles in total.

They managed to get to Lapland which is a great achievement!

Well done ladies.

If you would like to donate money for this activity, then follow the link <https://paypal.me/pools/c/8uzhXquqne>.

Now they are aiming for the Tokyo Olympic opening ceremony.

OLLIE'S ARMY

Battling Against Battens

Some of you may have seen Carl Thomas' challenge number 3 was raising money for a charity close to SSOG's heart. If you have not seen, Carl ran a marathon pulling a plane on 16th and 17th September, making history by being the person to do this.

Check out Carl's next challenge raising more money for Ollie and Amelia by visiting Carl Thomas Project.



January onwards...

What is happening this month?

All our online recreation classes are now live on the website, open to members and non-members. The club sessions are also going strong.

All these sessions need to be booked and paid for weekly by visiting the link sent to you or you can find it on the website.



Club extra sessions

- Monday 6pm- Flexibility with Tracey
- Tuesday 6pm- upper body with Kate
- Wednesday 6pm- Core blaster with Leah
- Thursday 6pm- Tumble and bounce with Kieran
- Friday 8pm- Cardio with Tracey

Preschool sessions

Our themed Preschool sessions are on a Monday and Thursday 9:15-10am with Tracey. The first theme is Wonderful Winter.





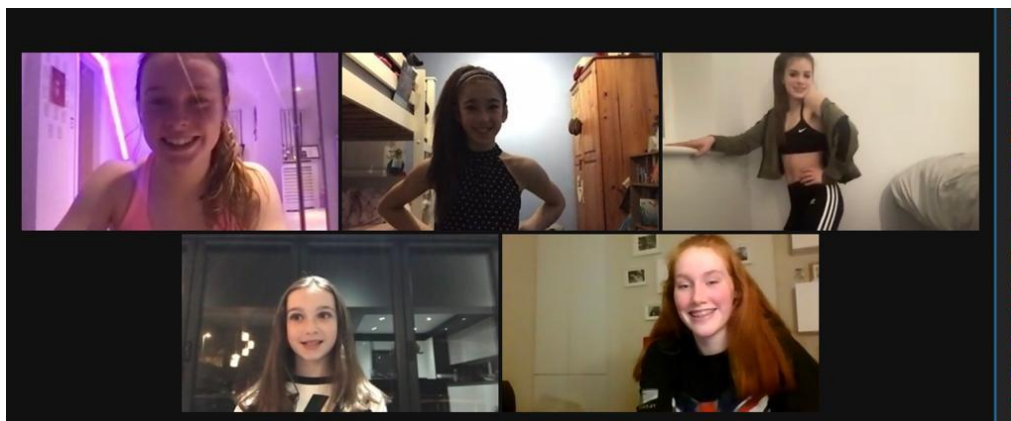
Recreational sessions

We have a few different types of recreational sessions.

The normal sessions are on a Monday and Wednesday at 4 & 5pm.

Dance with Gina on a Tuesday for 10 years upwards and Saturdays for 4-6 years, Gina will be teaching a 1 minute dance routine.

Fun & fitness with Stockport's very own version of Joe Wickes – Kieran. Themed fun that all the family can join in, cardio to music. Thursday for aged 9 years upwards and Saturdays for 7 years upwards, younger children can join in but it is not an easy session for our younger gymnasts. This weeks theme is music from 4 decades, the theme next week is music from the movies, dress up and enjoy the fun from superheroes to princes and princesses.



Ladies fitness sessions

Ladies fitness classes have been running online for a considerable amount of 2020 and continue to do so for 2021.

They are trying to reach the Tokyo Olympic Opening ceremony. Why not come and join them to help them get there and get fit together, Tuesday mornings through term time.



January Newsletter 2021

Contacts



Contacts

Office - office@stockportgymnastics.com

Welfare officer - Beverley@stockportgymnastics.com

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Useful links

www.stockportgymnastics.com/wp

Facebook – www.facebook.com/stockportschoolofgymnastics

Facebook members group - <https://www.facebook.com/groups/ssogmembers>

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

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