

Bounce & Flex Holiday & Sports club

Jan-April
2025
News

Off to a flying start to 2025!!

I am pleased to announce we are almost full in all our Gymnastics Classes after just 10 weeks of operating at our new home. Thanks to all the positive promotion from The Victoria Club & families of our gymnasts. So this has made me think we may need another evening per week to house our ever growing club & interest. I am currently investigating and would like to put on another 2 classes & a ladies fitness group (Times & Day tbc)

We are also teaming up with Tor Printing in Glastonbury who will now be supplying our Bounce & Flex Merchandise very shortly this link will go live for you to order (a text will be sent out to inform you when ready).



Please visit www.torprinting.co.uk/gallery/printed-clothing to make your purchase for collection or home delivery. (Purchase of clothing is optional)

I would also highly recommend purchasing gymnastics shoes from Carita House. Long lasting and durable. This will help gymnasts to grip on equipment & our floor.

www.caritahouse.com

Many sizes & colours available



Keep bouncing & Flexing everyone

Thanks

Ashleigh & Bernie



Gymnastics @ The Victoria Club,



Our Holiday Club will remain @ Street Football club



www.bounceandflex.co.uk

Ashleigh 07790892971

Bernie 07761655185

The NatGAP artistic gymnastics based programme introduces skills and elements needed from beginner to advanced competition gymnastics in a structured comprehensive learning system with beautiful awards to collect. Keeping track of progress with an 'at a glance' training book and beautiful medals to collect. NatGAP aims to keep kids engaged and motivated throughout their time in the sport.

Standard Scheme
4 levels - Emerald, Sapphire, Ruby & Diamond
8 Sections covering all the skills and apparatus
Continual progression on each piece of apparatus
Available for boys and girls
8 Medals to collect per level

Advanced Scheme
2 additional levels - Blue Diamond & Pink Star Diamond
8 Sections covering advanced skills on all four apparatus
Continual progression on each piece of apparatus
Available for girls only
8 Medals to collect per level

Early Years Scheme
2 levels - Little Gem & Junior Gem
A programme of activities and skills to introduce children to gymnastics
Mixed skills on all apparatus arranged in to levels or themes
8 Medals to collect for each level
Essential basic skills and coordination drills

natgap.co.uk

Nat. G.A.P. Challenge . Growth . Skills for Life
Passionate About Shaping Life Through Sport

Our New scheme

We are rolling out our new programme this term. There are 8 levels to Achieve and after this the children will go onto the Bronze Silver & Gold awards for Vault, Bars, Floor & Beam. We think this will be a great new way to keep track of your child/childrens Progress. I will hand parents a signed slip & your child will feature on our newsletter (orders will be made by Ashleigh, monies must be taken up-front)

Please download the NATGAP app on your device and register your child/children you will then get a QR code that I will scan to add them to their group. Basic app is free but there is a fee if you wish to view more advanced features

Gymnasts of the Term

Next trophy ceremony 26th March



Wow these awards were given out for Super improvement & Growth in confidence in club sessions.

Top left: Runah has been giving it her all coming to each session with a smile , answering questions in lessons & smashing her moves with her new found confidence. Well done Runah Keep it up

Top right: Lewis used to doubt himself in his ability but not any longer! Hes pushing himself out of his comfort zone in sessions and its paid off dive forward rolling. Well done Lewis



Bottom Left: Daisy has been working on her listening and with that shes achieved so much more this term, shes managed to lift her head much higher off the floor & her strength in bar skills is awesome. Thumbs up daisy

Bottom right: Evie has impressed us all, moving up to the top group. She never fails to try her best & her determination has enabled her to improve her cartwheels greatly. We are very proud of you Evie!



Coming up.....

Book & pay now to secure your space Text or call 07790892971

Bounce & Flex **Sports Holiday club**



Fun games **gymnastics**
Colouring **Football**
Athletics **cricket**

Mon 17th-Fri 21st Feb
Mon 7th- Fri 11th April
Mon 14th -Thurs 17th April

9-4pm
£23

Sibling discount available
www.bounceandflex.co.uk
Made with PosterMyWall.com

FUN FOR AGES 6-11

Bounce & Flex Sports Club
Operating from:
Street Football Club
Street
BA16 0TA

8th,15th 22nd & 29th January & 12th, 19th Feb –

Wednesday evening gymnastics
Sessions 4-7.30pm

17th-21st February-

Holiday club 9-4pm @ Street FC

26th Feb– 26th March-

Wednesday evening Gymnastics
returns 6 week course (fees due
by 26th Feb)

**7th –11th April & 14th –17th
April-**

Holiday Club 9-4pm @ Street
Football Club



- * Gymnasts hair **MUST** be tied back
- * No jewellery to be worn, only studded earrings
- * Code of conduct states that gymnasts are expected to: keep their arms and legs to themselves, inappropriate behaviour or bullying is not tolerated at our club. We have a 3 strike policy & sadly if you are given 2 warnings you will be asked to leave the club following the 3rd if the issue isn't resolved this is to keep our club happy and fun for all.

Please could everyone read, refresh & adhere to our Code of Conduct. Visit
www.bounce&Flex.co.uk click on safeguarding tab then code of conduct