

All About Cheltenham & Gloucester Gymnastics Club

We are looking forward to meeting you when you come to our gymnastics activities. Below is some more information about us and what we do so you can have a better idea of what to expect on the day.

Who are we?

You will meet some of the following people during your visit to our club.



Jimmy



Martin



Devonte



Maya



Lottie



Tyrell

Where are we?

This is where we will be for our activity session:



Front Entrance



Gymnastics Hall

Accessibility information?

Parking: The club has space out the front for visitors to pull in and drop off participants. There is also a car park in the corner of the estate if there is no room out the front. Please do not park in front of other units or in bays reserved for other businesses.

The area directly in front of the doors should be kept clear for disabled parking.

Ramp access: There is one small step to enter the building from the street level. The club has a fold-out ramp which can be deployed for visitors with additional accessibility needs.

Accessible toilet: The club has an accessible toilet with baby-changing facilities and hygiene bins.

Sensory information: Our gymnastics activities take place in a large, specially equipped facility. In order to heat the facility to a safe temperature, the building has a large fan heater which is noisy and can stimulate children with additional sensory needs. The club in general is a noisy space full of colourful equipment which may cause some discomfort for those with additional sensory needs.

What will be doing?

Below is an outline of what a typical activity session looks like. Please bear in mind that this may change depending on the demographic/number of participants.

| Morning Time | Afternoon Time | Activity |
|--------------|----------------|-----------------------------|
| 8:50 | 12:50 | Doors open |
| 9:00 | 13:00 | Registration & warm up |
| 9:30 | 13:30 | Games/skills rotation 1 & 2 |
| 10:30 | 14:30 | Break - food |
| 11:00 | 15:00 | Games/skills rotation 3 & 4 |
| 12:00 | 16:00 | Session end |

Now you know who we are, we would love to get to know you better. If you would find it helpful, you can fill out the 'All About Me' form via the link below. This will let us know how best to welcome you on the day.

<http://forms.gloucestershire.gov.uk/AllAboutMe>