



Oxford Academy of Gymnastics and Performing Arts Recreational

Gymnastics Classes

We are delighted to welcome you to our classes, please find below some information to help you prepare for your child's first class.

Location

All classes are based in the Main Hall at Lord Williams Lower School, Towersey Road, Thame, OX9 3NW.

We will send out your drop off and pickup point when your gymnast is invited to a class.

Attire

We have a club leotard which can be purchased directly from us at any point.

For girls, any leotard is fine for classes, shorts and t-shirts are also fine for new starters.

Leggings/shorts can also be worn over the leotard. For boys, any unitard and shorts or shorts and t-shirt are fine for classes. All children work in bare feet.

Please tie hair up in a ponytail (if longer than chin length) and any jewellery needs to be removed before the class. If a piercing is new, tape/plasters must cover the piercing.

We have our own range of clothing, please see the below links. Please note this is `not compulsory.

<https://www.uniformcity.co.uk/school/Oxford-Academy-Of-Gymnastics-and-Performing-Arts>

https://www.oneills.com/uk_en/shop-by-team/athletics/oxford-academy-of-gymnastics-and-performing-arts.html

Fees and Term dates

Fees are charged per hour and are payable in full at the start of a new term. 1 hour classes are £10.

We offer a £10 trial for new starters. After this trial, if your child would like to continue the full termly fee would then be due.

Our recreational gymnastic term begins in September, January and April and generally coincides with school breaks.

Please always refer to your 'Timetable and Term dates' document.

Registration and Insurance

British Gymnastics Insurance

Compulsory insurance is due if your gymnast has attended a trial and would like to continue. Insurance needs to be completed before your gymnast's next session with us. We will be notified of members with completed insurance, so there is no need to let us know yourselves. To gain insurance, please click on the link below. Please note- we are now under 'British Gymnastics' for Insurance not 'IGA' as in previous years. You will need to create an account with British Gymnastics using the link below.

<https://mybg.british-gymnastics.org/Account.mvc/SignIn>

Gymnasts need a 'Community membership' costing £24 annually. Please make sure you select our club otherwise we will not be notified of your insurance. If you attend more than one club, you may already have a membership, in this case, you need to login and also select us as your club. If there are any questions, we can try and help as much as we can but we cannot complete insurance on your behalf, we can only view who is insured from our club. More information on memberships/insurance can be found on the British gymnastics' website.

<https://www.british-gymnastics.org/memberships>

What we offer

All classes will follow our own award scheme which teaches fundamental gymnastics skills all the way up to advanced gymnastics skills. All classes do a rotation of floor skills, equipment-based skills and acrobatics.

As a club, we specialise in Acrobatic Gymnastics, so within our sessions, gymnasts start to learn to work in pairs/groups to build balances.

Award Schemes

We offer 2 different award schemes. A general gymnastics award scheme, where you can purchase certificates and rosettes for your gymnast's achievements and an acrobatic gymnastics award scheme, where you can purchase certificates and medals for your gymnast's achievements.

Events

We run an annual whole club show at the Waterside Theatre, usually in the summer term. All gymnasts can perform in this show, from 4yrs to 18yrs!

We run an optional club competition, usually in November, where gymnasts can compete in a fun, friendly environment.

As a club, we also run a summer camp 'Show in a week', which combines gymnastics/acrobatics, dance and drama. The summer camp is usually the last week of the summer holidays, Monday-Friday.

We look forward to hopefully seeing you soon!

Website- <https://www.oagpa.co.uk>

Instagram- [oagymnastics.performingarts](https://www.instagram.com/oagymnastics.performingarts)

Facebook- [Oxford Academy of Gymnastics and Performing Arts](https://www.facebook.com/OxfordAcademyofGymnasticsandPerformingArts)