



# BETH TWEDDLE GYM STARS

★ PARENT PACK ★

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Dear Parents,

# WELCOME TO BETH TWEDDLE GYM STARS...

...and thank you for choosing our classes for your child's gymnastics experience.

My aim is to ensure that every child has the opportunity to have a go at gymnastics, and learn the basic fundamental movements of my favourite sport in a fun, safe and structured environment.

During my gymnastics career, the support from my parents was essential. They were my taxi service to and from gym, my cooks, a shoulder to cry on after a bad day and the people I wanted to celebrate with when I learnt something new. I would like to thank you for taking the time to get your children into gymnastics and supporting them throughout their journey with us.

As you will see in this pack, my mum has given you some of her thoughts and tips from one parent to another as you help your child progress through the Beth Tweddle Gym Stars programme.

**I wish you and your child a happy and successful experience with us.**

Beth  
Tweddle  
x



## ABOUT

# BETH TWEDDLE

**Beth was a lively and energetic 7 year old when she was entered into a gymnastics programme at her local club, Crewe and Nantwich, where her talent for the sport was recognised by her coaches.** After competing at her first British Championships she moved to train at the City of Liverpool Gymnastics Club at the age of 12 where she trained under the watchful eye of her personal coach, Amanda Reddin.

Her biggest achievements include becoming World Bars Champion in Aarhus in 2006 and again in Rotterdam in 2010, European Bars and Floor Champion in 2009 and 2010, European Bars Champion in 2006 and 2011 and World Floor Champion in front of a home crowd at the O2 arena in London, 2009. She has also competed at 3 Olympic games; Athens 2004, Beijing 2008 and London 2012.

Her one aim was an Olympic Medal and in London 2012, after recovering from a knee injury she sustained just 100 days before the games began, she produced one of the most difficult bar routines in the World to gain a Bronze Medal, making her the first female gymnast to medal at any Olympic Games for Great Britain.

Following her successes in the World and European Championships, Beth was also appointed Member of the Order of the British Empire (MBE) in the 2010 New Years Honours list which Beth describes as her "biggest achievement outside of gymnastics". She also has a skill on bars named after her as she was the first female gymnast to perform it successfully in an international event; it is called "The Tweddle."

Always wanting to try something new, after hanging up her handguards in 2013, Beth took part in ITV's Dancing on Ice and won the show in 2013 with her partner Daniel Whiston. She returned to the show in 2014 for the "All Stars" final series and finished 3rd with her new skating partner Lucasz Rozycki behind Ray Quinn and Hayley Tammadon.

Beth is a patron for the North West Air Ambulance, Alder Hey Children's Charity and The Princes Trust.

Beth was born in South Africa and moved to Cheshire with her parents Ann and Jerry and her brother James at just 18 months old. Beth moved to Liverpool in 2004 to begin a degree in Sports Science at Liverpool John Moores University where she graduated with a 2:1. She has since completed a diploma in Sports Massage and is also a level 3 qualified gymnastics coach.



# WHAT ARE THE BENEFITS OF GYMNASTICS?

Research has shown that children who do gymnastics from a young age provide many benefits to their general health and well being including;

- ★ Improves strength, flexibility, co-ordination and movement.
- ★ To maintain a healthy lifestyle.
- ★ Impact training (plyometric training or jump training) on floor and vault can improve bone density in children.
- ★ Provides the children with a chance to socialise with others and make new friends.
- ★ Improve mental skills such as concentration and problem solving.
- ★ Enhances the children's discipline.
- ★ To let them experience a fun and engaging activity in a safe environment.
- ★ Improved confidence.
- ★ Skills that are learnt progressively eliminate the fears of learning new skills.
- ★ Enhances leadership skills.
- ★ Teaches them basic balancing and movement skills that are useful when partaking in many other sports



The Beth Tweddle Gym Stars programme has been developed by Beth and a team of experienced coaches and tutors to introduce children aged approximately 2 – 7, or those at a beginner level, the basic fundamental movements of gymnastics. The children will learn the basics of rolling, jumping, travelling and balancing as well as learning to work with hand apparatus, benches and vaulting equipment.

They will also develop their strength and flexibility and learn to work independently and as part of a group or team.

The Gym Stars programme teaches the children a wide variety of basic skills and qualities that will aid their development in other sports, or if they wish to make the step into a higher level gymnastics club.

It also has an exciting rewards scheme with badges, certificates and stickers for children to achieve as they progress.



# WHY IS BETH TWEDDLE GYM STARS DIFFERENT TO OTHER GYMNASTICS PROGRAMMES?

- ★ The programme is written by Britain's most successful gymnast, Beth Tweddle and a team of experienced coaches and tutors.
- ★ Although there is a Lead Coach at each venue, your child will have their own personal coach and work in a group of no more than 8 gymnasts to 1 coach. They will be grouped on their ability to allow the coaches to learn more about the children on an individual basis and cater specifically for their needs within the gym.
- ★ Coaches are specifically trained to teach "the Gym Stars way" – creative, structured and fun.
- ★ Motivational rewards throughout the term with stickers and star gymnasts awards, Gymnast of the Term and badges and certificates for each individual level achieved.
- ★ We deliver our sessions in leisure centres and school halls so our classes are very accessible and inclusive and aim to provide you and your child a great first experience of gymnastics.

## BETH TWEDDLE GYM STARS REWARDS

We aim for our gymnasts to achieve one badge award per term, and for one skill to be marked off in their progress booklets as achieved per week to ensure steady and realistic progression through the programme.

Within each badge award there are 3 sticker awards for them to achieve;

- ★ Fitness award – gymnasts will receive a sticker in their progress booklet when they achieve the pulse raising, conditioning and stretching exercises. These are highlighted in **yellow** in the progress booklet.
- ★ Sequence award – Gymnasts will receive a sticker in their progress booklet when they achieve the partner work and sequence skills. These are highlighted in **red** in the progress booklet.
- ★ 3 skills award – gymnasts will receive a sticker in their booklet when they achieve three of the remaining five gymnastics based skills. These are highlighted in **blue** in the progress booklet.

Once all three stickers have been achieved, the badge awards and certificates will be presented on the final session of the term.

# BETH TWEDDLE GYM STARS JOURNEY

Children are initially entered into a class by age and will be then moved around the groups by ability as recommended by their personal coach.

- ★ Twinkle Stars: Age 2 – 3 (Start at badge 1)
- ★ Bright Stars: Age 4 – 5 (Start at badge 6)
- ★ Shooting Stars: Age 6 – 7 (Start at badge 8)

Beth Tweddle Gym Stars is committed to providing as much opportunity for children in local areas to take part in gymnastics as we possibly can. As well as creating these opportunities we are also keen to develop the gymnasts and to help them to go as far as they can within the sport. After completing the Gym Stars programme, or even earlier if your child is showing a particular aptitude for the sport, they can be moved up to one of our higher level "Beth Tweddle Academies" where they can train up to 2 hours at a time, to prepare them for low level competitions and displays and to work through more difficult British Gymnastics Awards Schemes.

As we are keen to promote development within the sport, Beth Tweddle Gym Stars is looking to feed gymnasts through to higher performance clubs if they show particular talent and dedication.

We do, however, realise that not every child wants to become an elite or competitive gymnast; they prefer to come and enjoy a one hour session a week learning basic skills.

For this reason if we feel your child would progress further at another club, we will discuss the matter with yourselves and leave the decision entirely up to you.

If your child chooses or is chosen to move to another club we would like to stress that they are always welcome back at any of our academies and there should be no pressure on them to move to another club.



# WHAT TO EXPECT FROM EACH TERM OR AWARD

Please note, these are here as a guide for you to have an idea of what to expect from each award. Each child will develop individually and at their own pace and should be encouraged to do so.

BADGE AWARD NUMBER	CLASS	WHAT TO EXPECT
1	Twinkle Stars	Your child will be introduced to a variety of simple shapes and travelling skills and begin to use hand apparatus to explore colour recognition and partner work. The work will primarily be undertaken with parental involvement to allow your child to settle in and begin to gain an understanding of basic instructions from a coach.
2	Twinkle Stars	Your child will begin to develop their shapes this and begin to explore balancing both on their own and also using handheld equipment. They will have begun getting used to a routine within the session and should become more interactive with the coaches and others in the group.
3	Twinkle Stars	Your child will begin to progress their shapes into rolls and learn to travel and jump in different directions. They will also continue to explore the use of hand held equipment such as ribbons and bean bags to allow them to be creative.
4	Twinkle Stars	Your child will now have a wide knowledge of basic shapes, jumps and balances and should now be encouraged to perform skills that they know well more independently and begin to link more skills together.
5	Twinkle Stars	Your child will be exploring more difficult balances on fewer body parts and developing their rolls in different shapes. They will also spend some time working in partners with other members of the class using hand held equipment to encourage teamwork and improve their social skills.
6	Twinkle Stars/Bright Stars	<p>Your child should be very independent in their sessions and comfortable working with one of their classmates to develop their flexibility and travelling skills. They will begin to develop more skill specific balances to enhance their core strength.</p> <p>As this is the first award used in our Bright Stars classes, some of the basic skills from previous awards will be covered in the first few sessions to give your child some background knowledge. Parental involvement should not be necessary at this stage and parents should be able to wait outside the gym to allow their child some experience of working with their coach and listening to their instructions without your support.</p>
7	Twinkle Stars/Bright Stars	Your child will begin preparations for forward and backward rolls and initial balance preparations for handstands. Parental involvement should not be necessary at this stage and parents should be able to wait outside the gym to allow their child some experience of working with their coach and listening to their instructions without your support.

8	Bright Stars/Shooting Stars	Your child will begin forward rolls with support as well as different shaped jumps and balancing and travelling along apparatus. They will develop their strength and flexibility to allow them to perform these more difficult skills. As this is the first award used in a Shooting Stars class, some of the basic skills from previous awards such as basic shapes, starting and landing positions, straight jumps and balances on the floor will be covered in the first few sessions to give your child some background knowledge.
9	Bright Stars/Shooting Stars	Your child will begin to develop their co-ordination by skipping and working with partners to balance and travel. They will progress their forward rolls and begin to take more weight on their hands for handstand work. They will also see the introduction of springboards to improve their ankle strength when jumping.
10	Bright Stars/Shooting Stars	Your child will continue to develop their co-ordination with shuttle runs and follow the leader. They will also see the introduction of basic stretching for splits to improve their flexibility and the introduction of backward rolls.
11	Bright Stars/Shooting Stars	Your child will develop their strength and fitness by undertaking conditioning circuit activities, and beginning to work on tucked headstands to improve their core strength for handstands. They will link jumps together and develop their sideways rolling and see the introduction of cartwheels.
12	Bright Stars/Shooting Stars	Your child will begin to develop their headstands into straight headstands to allow their core strength to improve for handstand preparations. They will develop their sideways rolls and cartwheels, and work with partners on balancing to improve their teamwork and allow them to understand the responsibility of supporting a partner in a skill.
13	Bright Stars/Shooting Stars	Your child will work on forward rolls on the floor with no support, develop their handstands against a wall and improve their cartwheels. They will begin to use low vaulting equipment and develop their sequences with partners to allow them to be more creative and independent. They will perfect their bridges for shoulder flexibility and continue to improve their strength and conditioning.
14	Bright Stars/Shooting Stars	Your child should now have a wide variety of skills and this badge award will allow them to perfect forward and backward rolls on the floor, cartwheels and handstands; the 4 basic moves used as a development for so many others in gymnastics. They will be able to put together a sequence of skills with a partner using apparatus and be able to stretch through splits on both legs as well as sideways.

## TOP TIPS AND ADVICE FROM BETH AND HER MUM, ANN TWEDDLE

We realise there is a lot of information to take in and you may not know what to expect from our classes, or how your child will react to the gymnastics environment.

We asked Ann, Beth's mum to give you some tips on how to approach the classes and how you can help your little one throughout the programme.



# WHAT WAS BETH LIKE WHEN SHE FIRST STARTED GYMNASTICS?

When Beth first enrolled in a gymnastics class she was not particularly interested in it. In fact she actually said she did not want to go! We did not force her but persuaded her and luckily we knew that when she was in the class she actually enjoyed it. Her coach also encouraged her and it is so important to build up trust.

It was when she did her first small competition that the "light bulb" moment happened and she realised that she really loved it. She was actually very shy but when she stepped on the gymnastics floor she came alive. Every child should be given the chance to find out what they enjoy and sometimes it takes a time. It can be quite daunting for some children starting a new sport with lots of new faces, but within the Twinkle Stars classes, you will get involved and help them learn new skills and aid their development.

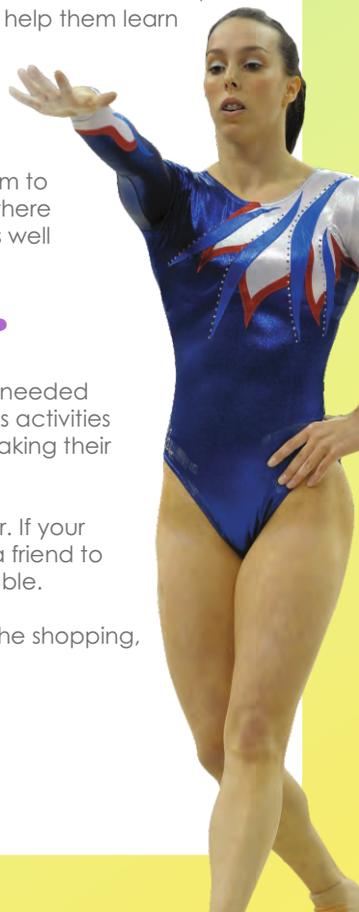
In the Bright Stars and the Shooting Stars classes, the aim is for the children to be very independent. By this age they should be in full time school or due to start full time school within a year so it is really important that you encourage them to undertake activities without the security of having a parent there and develop their social skills with other children their age as well as learning to take instructions from a teacher or coach.

## HOW DID BETH GET INTO GYMNASTICS?

Like many young children Beth was incredibly lively and she needed something to help use up this excess energy. We tried various activities but the gymnastics happened because some friends were taking their daughters to a class.

She started just doing one session a week for about one hour. If your child is a little nervous it is a great idea to try and persuade a friend to take up the same activity to make them feel more comfortable.

It also gave me an hour to have a bit of "me" time and do the shopping, read a book or go and meet friends for a coffee.



## HOW CAN I HELP MY CHILD DEVELOP THEIR SKILLS AT HOME?

This is where I would say rely on the professionals and talk to the coach. It is important not to push and leave the training to the coach. We never practised gymnastics at home although she may have done some conditioning exercises or stretching. However this was always after speaking to the coach. Remember that the gym is a safe environment with soft mats, home is not. However I do remember having a daughter who was always upside down!

## WHAT SHOULD THEY BE TAKING TO THEIR GYM CLASS?

When Beth was younger we used to pack her gym bag for her, but I did used to ask her to sit with me whilst I did it and to help me. Eventually she learnt to pack the bag on her own and take what she needed to gym. I felt this taught her a bit of independence and it certainly helped her when she travelled the world with her gymnastics as she knew exactly what she needed!

- ★ Suitable clothing; you may wish to purchase a leotard once they are settled in to the class but a T-shirt and shorts will be fine to start with. Remember they will need warm clothing when they leave and hoodies can be purchased too. They will not wear shoes or socks when they are training but you should make sure they come in appropriate footwear.
- ★ Beth always had a drink - in your Gym Stars membership pack you will receive a drinks bottle to encourage your child to bring on. Water or still juice is best for them to have during their session.
- ★ A bag to carry it in - again, your Gym Stars membership pack will provide you with a bag to bring all your things in.
- ★ Your child's progress booklet - this is in your Gym Stars membership pack and it is where the coaches' mark off the skills the children have achieved.
- ★ Remember not to take any valuables in as they can get mislaid.
- ★ If your child has long hair make sure it is tied back in a ponytail or bun for the class.
- ★ Remove any jewellery for safety reasons.
- ★ A healthy snack as they may be hungry when they finish. They shouldn't be eating when they are in the gym as being upside down after having food can be a disaster!



## HOW DO I KNOW IF MY CHILD IS DOING WELL IN THEIR CLASS?

At the beginning it is all about whether they are enjoying it. Sport should be fun. Be guided by the coach who will be able to tell you how they are progressing. Gymnastics is a slow process.

Beth started at the age of 7 and it took her 20 years to win her Olympic medal. There is all the time in the world at this stage so let them enjoy it. Remember that not all children progress at the same rate.

It is important to support your child by getting them to class on time and praise or encourage them.

The Gym Stars coaches are also encouraged to use the social media sites such as twitter and facebook where they will write bits about what was taught in the session, who their star gymnasts were and they also post videos and photographs (if you have given them permission to do so) so you can see what they are learning. They also write individual gymnast reports at the end of every term which you will find when you login into your account on the Total Gymnastics website [www.totalgymnastics.co.uk](http://www.totalgymnastics.co.uk)

## WHAT SHOULD I TALK TO MY CHILD'S COACH ABOUT?

- ★ If your child has any worries about what they are doing in the class then talk to the coach. They may be able to help by giving extra support and guidance.
- ★ If your child has been unwell or has any specific health issues then it is important to mention this to the coach.
- ★ By all means talk to them about your child's progress but it is important to be advised by your coach. They will tell you when it is time for your child to progress to another class - too many parents push their child forwards when they are not quite ready.
- ★ If your child is having any problems with any of the children in the class, make sure to speak to the coach as bullying is not accepted in the Gym Stars classes.

## HOW DID YOU KEEP A RECORD OF EVERYTHING BETH HAD ACHIEVED?

We have nearly a hundred scrapbooks which I am trying to persuade Beth to take to her flat. We collected every paper clipping, internet story and all the items from competitions. It is wonderful to look back at the early competitions before we knew how much she would achieve. It is important to celebrate every little step.

We also videoed every competition and I have now transferred them on to DVD. Although Beth has not lived at home for over 10 years her room is like a little museum of her career. Time goes so quickly so it is important to celebrate every little achievement.

## QUESTIONS OR QUERIES

If you do have any questions or feedback about the Beth Tweddle Gym Stars classes, quite often your child's personal coach or the lead coach at your chosen venue will be able to help you. If not please give our office a call on 0161 979 0611 or email us at [info@totalgymnastics.co.uk](mailto:info@totalgymnastics.co.uk) and our customer service team will direct your questions to the most appropriate person. We really welcome any feedback on the programme too, so that we can continually learn and develop.

## APPENDIX

### BOOKINGS, RE-BOOKINGS, PAYMENTS AND AWARDS

- ★ All new course bookings are taken over the phone on **0161 979 0611** or via our website [www.totalgymnastics.co.uk](http://www.totalgymnastics.co.uk)
- ★ Our courses are usually 12 weeks long and each academy is priced individually.
- ★ As a rule we do not offer taster sessions as experience has shown us that more often than not, one session isn't enough for a child to tell whether they like the sport or not.
- ★ All bookings must be made in full along with a membership pack purchase, however, if your child is not enjoying the classes after 6 weeks, we can refund the remainder of the term for you (this is applicable to new customers only and does not include the price of the membership).

### MEMBERSHIP

- ★ All gymnasts are required to become annual members of Beth Tweddle Gym Stars. The membership fee is £15.00 for the membership year (1st September – 31st August)
- ★ The membership pack includes a t-shirt to make your child feel like they are part of a club, a drinks bottle to encourage them to bring a drink to class to keep them hydrated, a progress booklet for the coaches to record all the skills the child learns in it and a kit bag to bring it all to gym in. Each year the membership pack will change colour to reflect the new membership year.
- ★ All bookings are confirmed upon receipt of payment. When payment is received you will be sent a welcome email from Beth along with your receipt of payment if you have paid by card. Cash is not accepted at any of our centres.

### RE-BOOKINGS

If you wish to re-book your child onto the course for the next term, as a current customer your space will be held throughout the re-booking period. Once the re-booking period has closed your space will no longer be secure and can be opened up to a new customer. If you do not wish to return to the academy, we would very much appreciate you informing us so we can continue to make improvements to our programmes. Re-booking your child onto one of our courses online is simple and fast. You will also be able to read a termly report from your child's coach and see what awards they have achieved.

- 1 Visit [www.totalgymnastics.co.uk/login](http://www.totalgymnastics.co.uk/login)
- 2 Enter your username and password - if you don't know your username and password give us a call on **0161 979 0611** or email us at [info@totalgymnastics.co.uk](mailto:info@totalgymnastics.co.uk) and we will send it to you
- 3 Scroll to see your academies, review your child's latest report and see what award they have achieved this term
- 4 Under "your academies" click book or pay to re-book.
- 5 Make sure you accept all the terms and conditions and check that all your contact information and medical history is still correct.
- 6 Choose whether you want to make a single payment, or a payment via FuturePay\* and make the term payment!

\*WorldPay FuturePay is a method of pre-authorising Total Gymnastics Academies LTD to take all future term bookings on a date that will be communicated to you via email during the re-booking window

## MERCHANDISE

Beth Tweddle Gym Stars hoodies and leotards are available to purchase from our online shop [www.totalgymnastics.co.uk/products](http://www.totalgymnastics.co.uk/products) all products are sent via despatch bay to your home address and usually take between 3 and 7 working days to arrive if the stock is available.



## AWARDS

Each term our gymnasts will be given one award **FREE**. Any extra badges and certificates that are achieved are available to purchase at a price of £3.00 per award and payment must be taken over the phone on **0161 979 0611**.

## KEY CONTACTS

TITLE	NAME	CONTACT NUMBER	EMAIL
Academy Development Manager	Emma Slater	0161 763 0957 or 07791 091 709	<a href="mailto:emma.slater@totalgymnastics.co.uk">emma.slater@totalgymnastics.co.uk</a>
Merseyside Region Co-Ordinator	Suzanne Grice	07983 346 929	<a href="mailto:suzanne.grice@totalgymnastics.co.uk">suzanne.grice@totalgymnastics.co.uk</a>
Total Gymnastics Academies Office	Total Gymnastics Academies 3 Frecheville Court, Off Knowsley Street, Bury, BL9 0UF	0161 979 0611	<a href="mailto:info@totalgymnastics.co.uk">info@totalgymnastics.co.uk</a>

## TERMS AND CONDITIONS

1. Your place at the Total Gymnastics Academy is confirmed on receipt of payment.
2. Payment is taken by debit/credit card, online at [www.totalgymnastics.co.uk](http://www.totalgymnastics.co.uk) or over the phone, on 0161 979 0611 or by cheque, made payable to 'Total Gymnastics Academies LTD' and sent to Total Gymnastics Academies LTD, 3 Frecheville Court, Off Knowsley Street, Bury, BL9 0UF. We do not accept cash at the centres and we do not expect coaches to handle any payments on our behalf.
3. If the course has to be cancelled at any point by Total Gymnastics Academies LTD you will be entitled to a full refund. We are not responsible for any associated costs you might incur as a consequence of this action. Total Gymnastics Academies reserve the right to cancel a session or a course if there are insufficient participants on the course.
4. If you cancel on any of the Total Gymnastics Academies classes you will be entitled to a full refund 28 days prior to the first day of the course. If you cancel 14 days before the start of the course you will be entitled to a 50% refund of the total amount. Once the course has started the fee is not refundable.
5. All customers will be susceptible to a booking fee which is relevant to any customer who does not pay in the re-enrolment window, which is 2 weeks before the end of term. The booking fee will be a £3 surcharge on top of the current programme fee. We urge you to secure your place within the re-enrolment window, so we can waive this booking fee. If payment hasn't been received with the re-enrolment window, your place on the academy will NOT be secure and may be offered to another customer.
6. For new customers booking onto their first course, payment must be made in full plus a membership fee to secure your child's place by the day of the first session of the new term. If payment is not made by the first session and you have not contacted us if there are any problems, we will assume you no longer want your child's place in the academy and we will offer that place to another customer. If after 6 weeks your child is not enjoying the classes, we can refund you the remainder of the term at your request. Please note this is valid for new customers participating in their first term with us and the refund will not include any membership payment.
7. If due to unforeseen circumstances there are insufficient coaches to safely conduct the course or the session we have the right to cancel the said session or course as the safety of our gymnasts is paramount. If for any reason a coach cannot attend a session, we will either ask another coach to take over that session, or if no other coach is available then payment will be carried over and deducted from the next term or refunded if you no longer wish your child to attend the academy after the term. If a session does need to be cancelled we will communicate this via text message and email only.

8. Total Gymnastics Academies will communicate through mail, phone and email with regards to confirmation of payment and places on the course, therefore we are not responsible if you have changed either of these addresses or numbers and not informed us of the change.
9. If you have 3 children in your family who wish to join our gymnastics sessions, you will receive a 10% discount off the total cost of the course (eg: £36 for 6 weeks is reduced to £32.40). The children must be booked on at the same time and they must all live at the same address to qualify for this discount and can only be applied when booking over the phone.
10. If you have 4 children in your family who wish to join our gymnastics sessions, one child will attend for free. The children must be booked on at the same time and they must all live at the same address to qualify for this discount and can only be applied when booking over the phone.
11. If you are a Total Swimming Academies customer, you will receive a 5% discount of the Total Gymnastics Academies course. You must book your swimming and gymnastics courses at the same time to qualify for the discount.
12. If you need to contact Total Gymnastics Academies regarding your payment our contact details are: Telephone number: **0161 979 0611**, email address: **info@totalgymnastics.co.uk** and postal address: Total Gymnastics Academies LTD, 3 Frecheville Court, Off Knowsley Street, Bury BL9 0UF.



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