

### Welcome back to Total Gymnastics!

We hope you all had a fantastic Christmas break and thank you all for returning to us this term. We hope your children are enjoying their time back in their chosen academies and are learning lots of new exciting skills. We would like to welcome five new team members this term! **Lewis Jenkins** is a Level 2 gymnastics coach and has taken over from Steph at Archbishop Blanch in Liverpool. **Sarah Wiejak** is a Level 1 gymnastics coach and although she currently does not work at any specific academy, she is available to us for cover sessions at all our academies. **Kayli McShane** is the latest addition to our Gym Stars team and is now working with Jenny at our Garston pre-school Gym Stars sessions on a Thursday morning. **Abitha Elangoven** and **Bianca Tindides** are both Level 1 Gymnastics coaches and work at our Hornchurch Everyone Active academy!



### Beth on Dancing on Ice!

Our very own Beth Tweddle is currently skating on Dancing on Ice 2013! She is paired with professional skating partner Dan Whiston and they have so far performed incredibly well on the show! Beth and Dan even created their own lift in the very first week of the show called the "Tweddle Tip!" We hope you will show Beth your support by voting for her to stay in the show!



### Half Term Sessions

During half term, we will be running a **specially price session** at Calderstones School which is open to all our customers (Liverpool only). Call us on 0161 764 2223 to book, or book online at [www.totalgymnastics.co.uk](http://www.totalgymnastics.co.uk).



- **WEDNESDAY 20TH FEBRUARY 2013** Cost: **£3.00**
- Age 4-6/Beginners: 5pm – 6pm
- Age 7-11/Intermediate/Advanced: 6.30pm – 7.30pm\*

### Competition time!

As usual we will be running a competition to win some exciting prizes this term! We have lots of goodies signed by our London 2012 Olympians, as well as lots of Total Gymnastics merchandise! We have a picture of our **NEW** programme logo, Gym Stars! Print it off, colour it in, and hand it to your child's coach before February 28<sup>th</sup> 2013 to be in the running to win some fantastic prizes! Feel free to add any drawings onto it to make it more interesting! Find it here <http://www.gym-stars.co.uk/images/starzone/gymstars-star-zone-1.pdf> and have a look through the other fun activities on our Gym Stars website! All entries will be posted on our facebook ([www.facebook.com/totalgymnasticsltd](http://www.facebook.com/totalgymnasticsltd)) and twitter accounts (@totalgymnastics) so please ensure you "like" us and "follow" us to see the entries as they come in!

### New sessions for 2013

#### Childwall Sports College – Total Gymnastics Gym Stars

Gym Stars is our newest gymnastics programme for children **aged 2 – 9** where children can learn the basic gymnastics skills using a rewarding programme. For their membership gymnasts receive a **progress sticker booklet, a t-shirt, drinks bottle and kit bag!** The programme is very child friendly and involves the **structured learning** of all the basic gymnastics movements, and acts as a development into our higher level Total Gymnastics Academies.

- **Monday:** 4.15pm – 5.15pm for age 4 ½ - 6 and 5.30pm – 6.30pm for ages 6 ½ - 8
- **Wednesday:** 4.15pm – 5.15pm for age 4 ½ - 6 and 5.30pm – 6.30pm for ages 6 ½ - 8
- **Saturday:** 9am – 10am for age 2 – 4 ½, 10am – 11am for ages 4 ½ - 6 and 11am – 12pm for ages 7 – 9.



Book online at [www.totalgymnastics.co.uk](http://www.totalgymnastics.co.uk) or call 0161 764 2223.