

# EXETER GYMNASTICS CLUB

## Group Organisation Tree

Joining can be at any of the listed Stages subject to vacancies and coaching availability.

### Pre-School Groups



### Recreational Groups

45 minute sessions

Grouped by age with session timings at:

|           |   |              |
|-----------|---|--------------|
| 5 yrs     | @ | 4.00-4.45 pm |
| 6 & 7 yrs | @ | 4.45-5.30 pm |
| 8 & 9 yrs | @ | 5.30-6.15 pm |
| 10+ yrs   | @ | 6.15-7.00 pm |

#### Girls:

Mon Wed - Fri & Sat

#### Boys:

Tue Thu & Sat

### Improver Squads

Selected by ability & age  
1 or 2 double sessions

### Development Squads

Selected by ability & age  
1, 2 or 3 double sessions

### Performance Squads

Junior Performance    Senior Performance  
Selected at trials by ability, potential & age  
4, 5 or 6 Triple sessions

## The Gymnastics Journey with Exeter Gymnastics Club

The aim of this journey is to outline to coaches, gymnasts and parents the opportunities available by the programme of events and structure of the Exeter GC. Children can join from 8 weeks old and it is hoped that they will not leave until they have fulfilled their potential.

| Pre-School  | Age  | Opportunities  | P |
|---|--|--|---|
| <b>Baby Gym</b><br>6 sessions per week.<br>1 x 45 minutes<br><b>Mother &amp; Toddlers</b><br>16 sessions per week.<br>1 x 60 minutes<br><b>Gym Tots</b><br>8 sessions per week.<br>1 x 60 minutes   | From 8 wks<br><br>Walking<br><br>31/4 to school age.   | Play, have fun and quality time with mum.<br><br>Play and communication using gymnastics skills. Motor Skill based learning.<br><br>BG Fundamental Reward Scheme. May Fayre Display. Annual Club Competition.  |   |
| <b>Recreational</b><br><br><b>Girl Recreational Groups</b><br>Mon-Wed-Fri-Sat<br>1 x 45 minute session<br><br><b>Boys Recreational Groups</b><br>Tue-Thu-Sat<br>1 x 45 minute session   | 5 years<br>6 & 7 yrs<br>8 & 9 yrs<br>10 + yrs<br><br>5 years<br>6 & 7 yrs<br>8 & 9 yrs<br>10 + yrs | BG Badge Reward Scheme – Badge 7 & 6<br>BG Badge Reward Scheme – Badge 7, 6, 5 & 4<br>BG Badge Reward Scheme – Badge 7, 6, 5, 4 & 3<br>BG Badge Reward Scheme – Badge 7, 6, 5, 4, 3, 2 & 1<br>BG Bronze, Silver & Gold – Floor & Vault<br>County Award Scheme 6 to 1<br>Club Improver Award Scheme 1 to ??<br>Club Competition<br>Teign View Invitational Club Recreational Competition<br>Exeter Challenge Invitational Club Recreational Competition<br>8 x Club Improver Holiday Courses per year<br>2 x Holiday Training Camps   |   |
| <b>Squads</b><br><br><b>Girls Improver Squads</b><br>1 or 2 Double sessions<br><br><b>Girls Development Squads</b><br>1, 2 or 3 Double sessions<br><br><b>Girls Performance Junior Squad</b><br>3 or 4 Triple sessions<br><br><b>Girls Performance Senior Squad</b><br>4 to 6 Triple sessions | 6 + years<br><br>6 + years<br><br>6 + years<br><br>10 + years                                      | Club Competition<br>Teign View Invitational Club Recreational Competition<br>Exeter Challenge Invitational Club Recreational Competition<br>8 x Club Improver Holiday Courses per year<br>2 x Holiday Training Camps<br>Invitational Competitions<br>County Competition<br>Team Buddy Competition<br>Club Grades<br>8 x Club Improver Holiday Courses per year<br>2 x Holiday Training Camps<br>Invitational Competitions<br>County, Regional & National Voluntary Competitions<br>National Levels / Club Grades<br>2 x Holiday Training Camps per year<br>Invitational Competitions<br>County, Regional & National Voluntary Competitions<br>National Levels / Club Grades<br>2 x Holiday Training Camps per year |   |
| <b>Squads</b><br><br><b>Boys Improver Squads</b><br>1 or 2 Double sessions<br><br><b>Boys Development Squads</b><br>1, 2 or 3 Double sessions<br><br><b>Boys Performance Junior Squad</b><br>3 or 4 Triple sessions<br><br><b>Boys Performance Senior Squad</b><br>4 to 6 Triple sessions     | 6 + years<br><br>6 + years<br><br>6 + years<br><br>10 + years                                      | Club Competition<br>Exeter Challenge Invitational Club Recreational Competition<br>8 x Club Improver Holiday Courses per year<br>2 x Holiday Training Camps<br>Invitational Competitions<br>County Competition & NDP<br>8 x Club Improver Holiday Courses per year<br>2 x Holiday Training Camps<br>Invitational Competitions<br>County & Regional Voluntary Competitions<br>NDP / Elite Grades<br>2 x Holiday Training Camps per year<br>Invitational Competitions<br>County, Regional & National Voluntary Competitions<br>Elite Grades / NDP<br>2 x Holiday Training Camps per year   |   |