



Welcome Pack

2025-2026

Club Ethos

Mourne Gymnastics Club is committed to the overall development of every one of our gymnasts.

As a club we strive to develop and inspire our gymnasts so that they can continue to grow physically, mentally, socially, and emotionally through a holistic approach. The club recognises and rewards the personal achievements of each individual to: **Strive, Inspire & Achieve**

by trying their best.

Club Information

Club Registration

As a club we have a **registration fee for all members of £15**, this is a one-off annual fee paid prior to class allocation for new members and in July for returning member, to secure place in class for the new year.

Governing Body Membership/Insurance

We are part of the organisation, Independent Gymnastics Association (IGA) for insurance and other supporting services. There is an annual insurance fee to pay for the club, coaches and gymnasts.

You do not need to pay IGA directly, the club will use the LoveAdmin payment platform to collect funds and forward payments. **The annual fee in 2025/2026 is £17.99**

Both club registration and IGA membership will be a consolidated payment at the start of new season in September or at point of joining in the year. You will be advised in due course by email. This must be completed as soon as requested to do so.



Termly Schedule

Terms are approx. 8 weeks in length (price structure and term calendar on following pages).

We assess and reward the gymnasts with a progressive skills-based award scheme where medals and certificates can be collected at a cost. **Cost is included in fees.**

Mourne Gymnastics also has its own in house continued feedback scheme. This is called **'Four Seasons'** and will tie in with our terms. It is designed to help you and your gymnast see progress and realise the targets that are set for gymnasts to achieve.

NATGAP Awards

In addition to our own schemes of work, we use the National Gymnastics Awards Programme. This scheme provides corresponding training booklets, owned by the gymnasts. These books list skills required on each piece of apparatus in progressive levels; Little Gem Themes used for our Rolling Rascals, Junior Gem Levels used for our Terrific Tumblers and Gemstones used for Little Pro upwards.

At a glance gymnasts, coaches and parents can track the training and skills learned. The skills are ticked off throughout each term, as they are achieved. Once a page in the booklet is completed the gymnasts are awarded with a medal. This is done at the end of the term alongside our Four Seasons.



Class Descriptions

Rolling Rascals (RR)	3-5yrs Pre-School Fundamental Movement Programme
Terrific Tumblers (TT)	6-8yrs Recreational Class
Little Pros (LP)	9yrs+ Recreational Class

Littlest Tricksters (LtT) 5yrs+ Invitation Only Advanced Class, must commit to competitions

Little Tricksters (LT) 6-8yrs Invitation Only Advanced Class, must commit to competitions

High Flyers (HF) 9yrs+ Invitation Only Advanced Class, must commit to competitions

Acrobatic Arts & Advanced Class (AA) Choreography, advanced floor skills and acrobatic arts with dance coach. Commitment is required to this class for performance routines twice a year.

Class Timetable

Class Days	Rolling Rascals (RR)	Terrific Tumblers (TT)	Little Pro's (LP)	Littlest Trickster (LtT)	Little Trickster (LT)	High Flyers (HF)	Acrobatic Arts (AA)
Mon							6.00 - 8.00pm
Tues				4.00- 5.30pm	5.30 - 7.00pm	5.30 - 7.00pm	
Wed							
Thurs	3.40 - 4.30pm	4.30 - 5.30pm	5.30 - 7.00pm				
Fri	3.40 - 4.30pm	4.30 - 5.30pm				5.30 - 7.00pm	
Sat AM PM	9.10 - 10.00am 1.10 - 2.00pm	10.00 - 11.00am 2.00 - 3.00pm	11.00-12.30 pm				

Price Structure

Class	Rolling Rascals (RR)	Terrific Tumbler (TT)	Little Pro (LP)	Littlest Tricksters (LtT)	Little Trickster (LT)	High Flyers (HF)	Acrobatic Arts Advanced Training (AA)
Term. Weeks							

Term 1 NewYear	6	£56.00	£62.00	£68.00	£68.00	£68.00	£95.00	£75.00
Term 2 Autumn	9* 8*	£73.00	£81.00	£89.00	£89.00	£89.00	£125.00	£100.00
Term 3 Winter	8	£73.00	£81.00	£89.00	£89.00	£89.00	£125.00	£100.00
Term 4 Spring	*7 8	£64.50 £73.00	£71.50 £81.00	£78.50 £89.00	£78.50 £89.00	£78.50 £89.00	£110.00	£100.00
Term 5 Summer	*6 8	£73.00	£62.00	£68.00	£68.00	£68.00	£125.00	£75.00

*Due to Halloween break in the middle of Term 2, Monday, Tuesday & Thursday are 9 weeks Fri & Sat will have 8 weeks

*Due to Easter break in the middle of Term 4, Tuesday, Friday and Saturday classes will have 7 weeks

*Due to bank holidays Mondays and weekends Monday, Friday and Saturday will have 7 weeks in Term 5

We offer siblings discount at, 10% off second child, 20% off third child and 30% off fourth child.

Attending the advanced classes on a Monday is highly recommended for all gymnasts aged 8 years plus to enhance gymnastics training.

Payments

We operate an online service through **LoveAdmin** (website & mobile app). This way all of our emails and class allocation are now electronic for ease of use and tracking. Payments made through the Love Admin platform go to Go Cardless.

All inquiries should be made via email to info@mournegymnastics.com

The pre-authorisation selection is NOT advised as this makes the administration easier to follow. It also makes sure you are notified of and accept all transactions. The App generates emails which may refer to directly debiting. This does not mean it is a direct debit.

Only upon your approval a payment is debited and takes 3-5 working days to clear.



LoveAdmin

GoCardless

Club Calendar

2025/26

Blocks of colour: purple, orange, blue, green and yellow indicate each term.
Event dates for 2025/26 indicated in purple.

Closures indicated in red.

Academic calendar 2025/26 UK																							
September 2025								October 2025								November 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
36	1	2	3	4	5	6	7	40			1	2	3	4	5	44						1	2
37	8	9	10	11	12	13	14	41	6	7	8	9	10	11	12	45	3	4	5	6	7	8	9
38	15	16	17	18	19	20	21	42	13	14	15	16	17	18	19	46	10	11	12	13	14	15	16
39	22	23	24	25	26	27	28	43	20	21	22	23	24	25	26	47	17	18	19	20	21	22	23
40	29	30						44	27	28	29	30	31			48	24	25	26	27	28	29	30
December 2025								January 2026								February 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
49	1	2	3	4	5	6	7	1				1	2	3	4	5							1
50	8	9	10	11	12	13	14	2	5	6	7	8	9	10	11	6	2	3	4	5	6	7	8
51	15	16	17	18	19	20	21	3	12	13	14	15	16	17	18	7	9	10	11	12	13	14	15
52	22	23	24	25	26	27	28	4	19	20	21	22	23	24	25	8	16	17	18	19	20	21	22
1	29	30	31					5	26	27	28	29	30	31		9	23	24	25	26	27	28	
March 2026								April 2026								May 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
9							1	14			1	2	3	4	5	16					1	2	3
10	2	3	4	5	6	7	8	15	6	7	8	9	10	11	12	19	4	5	6	7	8	9	10
11	9	10	11	12	13	14	15	16	13	14	15	16	17	18	19	20	11	12	13	14	15	16	17
12	16	17	18	19	20	21	22	17	20	21	22	23	24	25	26	21	18	19	20	21	22	23	24
13	23	24	25	26	27	28	29	18	27	28	29	30				22	25	26	27	28	29	30	31
14	30	31																					
June 2026								July 2026								August 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
23	1	2	3	4	5	6	7	27			1	2	3	4	5	31						1	2
24	8	9	10	11	12	13	14	28	6	7	8	9	10	11	12	32	3	4	5	6	7	8	9
25	15	16	17	18	19	20	21	29	13	14	15	16	17	18	19	33	10	11	12	13	14	15	16
26	22	23	24	25	26	27	28	30	20	21	22	23	24	25	26	34	17	18	19	20	21	22	23
27	29	30						31	27	28	29	30	31			35	24	25	26	27	28	29	30
																36	31						
Bank holidays 2025/26																							
	Closures	Blue Text Training		Start Back Term 1			Spring Term 4																
	Competition events			Autumn Term 2			Summer Term 5	Blue text indicates Summer Challenge week															
				Winter Term 3			Summer Schemes and Classes details to be released closer to the time																

Club Events

Throughout the year we usually hold several events.

Young Leader Training

Mourne Monster High	31 st – 2nd Oct / Nov
Mourne Young Leaders Conference.	31 st – 2nd Oct / Nov

Competitions

GIAGO Level 3,4&5	23rd November
GIAGO Level 1-2	25 th January
GIAGO Team Gym, Pairs & Hand App	22nd February
Wild 'n' Wacky	29th March
Junior / Derek Clark	17 th May

Club In-House competitions

Winter Challenge	14 th December
Summer Class Challenge's	15th - 20th June
Annual Awards Night	15th October

Social Media

You can find us on Facebook and Instagram to keep up to date with club announcements and events. Our social media accounts are for engagement only, please **contact us via email NOT via**

the direct messaging on these platforms. These are not monitored; you will get quicker response to email.

We encourage you to join our parents only group on Facebook. Search for **Mourne Gymnastics Interactive Platform** and please answer all questions to gain access. Here we may post homework related activities or class tasks.

Clothing

Mourne Gymnastics Club now operates a compulsory uniform policy for safeguarding and safety purposes. The required uniform is as follows:

Club leotard (Girls)

Club unitard & shorts (Boys)

Additional Uniform

Sleeveless training leotard (Girls) Club Shorts (Girls)

Tracksuit (Girls & Boys)

Last year we updated our additional kit with Playr-Fit which provides many new options for our gymnasts. There will be points throughout the year when this online shop will be live for orders and then all items will be shipped to us to distribute approx 5 weeks later.

For the next two years we are happy to support a phase in and out of club uniform.

Please note that at competition all gymnasts must wear club colours only the tracksuit is not required but is desirable. If girls wish to wear shorts to compete, they must be the club shorts.



Competition

Girls Kit

Club Leotard

Sizes 26-32". £40
Sizes 34" + £50

Boys Kit

Club Unitard

Sizes 26-32". £35
Sizes 34" + £40

Club Kit - Available through Play-Fit portal

Club Tracksuit

Jersey, ¼ Zip
Tracksuit bottoms / Leggings / shorts

Training

Leotard -Short sleeve

Sizes 26-32". £25
Sizes 34" + . £30

Shorts

MGC drawstring gym bag
for shoes and accessories.
Variety of colours £5

Don't forget the "Mourne Gymnastics Swap Shop" page on Facebook, you can post up your old leotards and others can purchase directly from you. This is a facility set up by the club but not run or maintained by us. You must mark sold once an item is purchased.

Other Class Information

Parents

We would like you as a parent to fully support your child with their gymnastic endeavours in homework, competition, and awards. If you are to miss 2 or more weeks of classes, you must email to inform us, or your place will be allocated to a child on the waiting list.

Do's and Don'ts to make sessions easier for gymnast, coach and families.

Do's	Don't
drop off to class at start time	use reception area to watch child
prompt pick up at door after class	wait in car for gymnasts to come to you
respect coaches	disregard coaches efforts
contact office via email regrading class payments, competition entries etc.	publicly raise concern with coaches in front of other parents

Gymnasts

Do's and Don'ts to make sessions easier for gymnast, coach and families.

Do's	Don't
wear club kit to class	wear jerseys of any type (no badges)
have a bag for shoes and water only	have any jewellery on
listen to coaches	speak over coaches instruction
practice at home, do homework task if set by coaches	try new skills at home beyond ability, wait to learn in class time

Safeguarding

In the event of any safeguarding issues please contact the club **Welfare Officer Helen McParland** via email, details are on the club notice board in reception.

Intimate Care Policy

Mourne Gymnastics follows the following guidance for:

Pre-School

It is recommended that clubs require parents of children aged 3-4 years, our 'Rolling Rascals' remain nearby and contactable in case their child becomes distressed or requires assistance whilst using the bathroom.

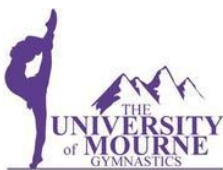
Specific Needs

In order to provide adequate support to gymnasts, it is recommended that either a professional carer approved by the gymnast's family, parent or guardian should carry out the role of "carer."

Leadership Academy

<u>Who?</u>	11+ years
<u>Why?</u>	To better skills and help learn to become a coach
<u>How?</u>	During the Rolling Rascal and Terrific Tumbler classes

For further information on how to register and begin this journey contact us at info@mournegymnastics.com.



University of MGC

University of Mourne Gymnastics is for any younger leaders aged 14 years+. The programme allows them to begin their coaching career and pathway.

The university includes:

- Commit to a minimum 2 hours per week at the club
- Qualifications at Intro level and further Coaching Level 1 (14yrs) and Level 2 (16yrs)
- IGA Generic Courses to further enhance skills
- Recognition at our own Club Awards Evening