



LINCOLN CITY GYMNASTICS CLUB NEWSLETTER

May Newsletter

Following the re-opening of the club we are delighted to welcome back all our existing gymnasts as well as welcoming all our new gymnasts. We have missed you and it is lovely to see so many happy, smiling gymnasts!

Classes continue now through the May bank holidays and half-term to the school summer holidays when we only close for 2 weeks and we will let you know the dates of closure in due course.

Club Membership

The annual club membership and membership fee for our existing members was due in January 2021, but obviously this did not happen because of the lockdown. As we have had to endure 3 lockdowns over this last year, the committee have agreed to forgo the membership fee for this year for existing members (new starters will still have to complete this and pay the £5 fee to become members of the club), but we would ask that if anyone has changed any of their contact details, or there is any new medical information we need to be aware of, or your position on publication of photos or videos has changed, that you please notify us by email at LCGC-1@outlook.com.

Farewell to Paige

Our lovely level 2 coach, Paige, is leaving us at the end of the month having finished University in Lincoln and is returning home to start her teacher training in Bradford in September. Paige has been at the club since she started University and while with us qualified as a level 2 coach as well as a pre-school coach. She has been a valued, enthusiastic member of our coaching team, and a great asset to the club. She will be greatly missed by the coaches, gymnasts and committee. We wish her every success for the future 😊

New Training Rota From Monday 31st May 2021

As previously mentioned, the Committee have agreed and are committed to increasing the training hours back to pre-Covid-19 levels from Monday 31st May, although we will still be working under the existing Covid-19 restrictions, hopefully only until the end of June. To achieve this, we have unfortunately had to move the times and/or days of some classes/squads to get everyone back up to their increased training, whilst still working within the guidance. We hope you understand that this is the only way we can do this. We have emailed everyone who is affected by a change of days, but set out below is the new training schedule:

Mondays

4.00 to 5.00 Rec 1 & Rec 2 Girls
5.15 to 6.15 Rec 2 & 3 Boys &
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6.30 to 8.30 Advanced Girls
6.30 to 9.00 Knights

Tuesdays

4.00 to 5.00 Rec 1
5.15 to 6.15 Rec 2 & 3 Girls
6.30 to 8.30 Advanced Girls
6.30 to 9.00 Barons

Wednesday

4.00 to 6.00 Imps
6.30 to 9.00 Barons & Knights

Thursday

4.00 to 5.00 Rec 1 Girls
5.15 to 6.15 Rec 2 & 3 Girls
6.30 to 9.00 Senior Floor & Vault

Friday

4.00 to 5.00 Rec 1 & 2 Girls
5.15 to 6.15 Rec 3 & Invitational
6.30 to 8.30 Junior Floor & Vault
+ Knights

Saturday

8.45 to 9.45 Rec 1, 2 & 3
10.00 to 1.00 Barons & Knights
1.30 to 4.00 Imps

New Gymnast Reminders

Can we just remind our new gymnasts that they all must be registered and insured with British Gymnastics within 2 weeks of joining the club. Most have already done this but to those who have not can you please attend to this as soon as possible by logging onto the British Gymnastics website. Thank you

Please call **01522 262022** or use our **Facebook** page to advise if your child is unable to attend a session - we may not reply but are grateful to know.
www.lincolncitygymclub.org