

**Horizon**  
LEISURE CENTRES

*Making Life Better!*

# HORIZON SPORTS CLUB

Children's Sports Activities



# Welcome To Horizon Sports

## What you need to know:

- For each session you need to come appropriately dressed i.e. shorts/tracksuit bottoms and t-shirt. All jewellery must be removed and hair must be tied back.
- Belongings, with the exception of a drink bottle, should be stored in the dry side lockers.
- All pupils should wait outside the hall prior to the beginning of the session.
- Pupils should attend the toilet prior to the beginning of the session.
- For the safety of yourself and that of other children, we ask that your child makes every effort to listen to and follow the coach's instructions.
- Have fun! We want you to have fun at our classes so please let us know if there is something we can do to allow you to enjoy the class more fully.

If you have any questions or queries, would like a tour of the centre, would like to have a pre-class visit to meet us and see what is involved in the classes or would like to start more gradually with some shorter sessions please contact Debbie Jarman, Sports Club Co-ordinator via her email address –

[e. djarman@horizonlc.com](mailto:djarman@horizonlc.com).

# Pre-School Gymnastic Classes

## What will you learn?

These classes are run in a structured way and help prepare the child for a smooth transition into the after school gymnastics classes. The classes will also help your child in a fun way with their listen, counting and colour/shape recognition.

Please note that to benefit fully from this class required the child to be accompanied by adult.

## Class Structure

### Warm-up

Warm up with a hand held piece of equipment such as a ball, bean bag, scarf and more. Encourage your child to run around, hop, jump, skip, balance and make shapes.

### Gymnastic Circuits

The coach demonstrates a circuit of moves that each child must try to complete with their parents help. The circuits include the use of bars, beam, floor and box whilst combined with activities that will generally improve your child's strength, co-ordination and flexibility which will aid them later when performing more advanced gymnastics skills.

### British Gymnastics Recognised Awards

Each child works at their own level and pace to achieve the British Gymnastics Pre-School awards. In addition to this we rewarded them with sticker at the end of each session.

# Gymnastic Classes

## What will you learn?

You will learn how to perform moves on the floor, bars, beam, box and trampet. This class will help improve strength, flexibility, balance and general fitness whilst having fun.

## Class Structure

### Warm-up

Run around and jump, skip, make shapes and improve levels of flexible by working splits and bridges.

### Floor Work

Practice rolls, cartwheels, handstands, walkovers and much more. Our coaches will support when necessary to help achieve new skills.

### Apparatus Work

Learn different ways to swing on the bars, balance on the beam, jump on the trampet or vault over the box.

### Races

Each class finishes with short group races.

### British Gymnastics Recognised Awards

Regular informal assessment leads to achieving the recognised British Gymnastics Proficiency Scheme badges and certificates.