

Here at Kettering OGC we follow the philosophy that sport, particularly gymnastics, is an important part of life and a huge asset for children.



#### Children learn what they live

If a child lives with criticism,  
He learns to condemn.  
If a child lives with hostility,  
He learns to fight.  
If a child lives with ridicule,  
He learns to be shy.  
If a child lives with shame,  
He learns to feel guilty.  
If a child lives with tolerance,  
He learns to be patient.  
If a child lives with encouragement,  
He learns confidence.  
If a child lives with praise,  
He learns to appreciate.  
If a child lives with fairness,  
He learns justice.  
If a child lives with security,  
He learns to have faith.  
If a child lives with approval,  
He learns to like himself.  
If a child lives with acceptance,  
and friendship,  
He learns to find love in the world.

Dorothy Law Nolte

Attending Kettering Olympic Gym Club, children will participate in a warm up; learn about the need for flexibility and strength while being coached to use gymnastic apparatus such as Vault, Bars, Beam and Floor.

Gymnastics is fun. The sessions will give your child the chance to develop body awareness, co-ordination and physical fitness that are not only important at this stage in their development but a perfect foundation for the rest of their lives. Your child's progression through gymnastics can be monitored through Proficiency badges, and certificates through the National Award Scheme.

All coaches at the Club are British Gymnastics qualified and have enhanced crb checks.

Before your child joins the Club there will be a trial period. On becoming a member all gymnasts are allocated a 1 hour weekly session.

Gymnasts who show potential are selected by the Coaches to be in the Development and Competition Squad, where there is the opportunity to compete at County, Regional and National level. Training for these gymnasts ranges from four to fifteen hours per week.

Fees are paid by monthly standing order and an annual affiliation fee, and British Gymnastics insurance and membership will be required to be paid on joining the Club.



There are definitely life lessons to learn from sport, and here is the perfect building block for your young aspiring gymnast to start.

Kettering Gym Tots provides structured classes with qualified coaches to develop your child's physical, mental and social skills in a safe and fun filled environment. The gym floor bustles with a vast array of soft play, climbing equipment that is a positive challenge to the development of the children. Gym Tots are for children of one to five years.

Sessions are for three quarters of an hour and are held Monday to Thursday.

**Under 2's** - your child, with parental involvement can explore the gymnasium with fully matted floor area, climbing equipment, ball pond, balls, ropes and numerous other activities. Join together with songs and learn balances, shapes and jumps. Finally to help co-ordination using tap sticks, feathers, bean bags or a parachute we end the session with a song and a cuddle.

**2-3 yrs** - Share quality time with your child with a similar format as above but with slightly more challenging activities.

**3 year plus** - A progression to starting school. A chance for your child to gain independence and confidence by attending alone. A structured class that enables your child to use apparatus safely, to learn body awareness and put building blocks in place for gymnastic skills.

With all groups we have an award scheme with which you may participate.

## History of the Club

The Club was formed in 1985. Its' first home was in local schools and sports centres in Kettering. In 2004, the Club moved to its' own permanent training centre, in Brunel Close.

Kettering OGC and its' Gym Tot section have over five hundred children ranging from toddlers to teenagers. About half attend Gym Tots, while two hundred and eighty members from Kettering OGC compete at all levels of gymnastics.

The Club is extremely proud of its gymnasts. Those in the squads train longer hours than those who are in the Recreational groups. The competition squad has twenty eight members who train four times a week. These gymnasts regularly compete in County, Regional and National competitions.

The Development squad is made up of seven and eight year olds who train for four hours per week.

In 2008 The Club raised £14,000 and with a National Lottery Grant of £28,000 completely refurbished its equipment to National specifications.



In September 2006, the Club was awarded the Sports England Club Mark which signifies it is a centre of excellence and a child friendly club.

Over the last twenty one years the Club has coached gymnasts who have become County, and Regional Champions. In 2005/2006 gymnasts from Kettering OGC became National Champions and in 2008 won a Bronze Medal at the Senior British Championships.



How to apply:

## Kettering Gym Tots

For information and session times call 01536 415444 or email: [ketteringgymtots@hotmail.com](mailto:ketteringgymtots@hotmail.com)



## Kettering Olympic Gymnastics Club

To place your child's name on the waiting list complete the form below and return to:

6 Fineshade Close  
Barton Seagrave  
Kettering  
NN15 6SL

or email: [marie@kogc.fsnet.co.uk](mailto:marie@kogc.fsnet.co.uk)

Name: .....

Date of Birth: .....

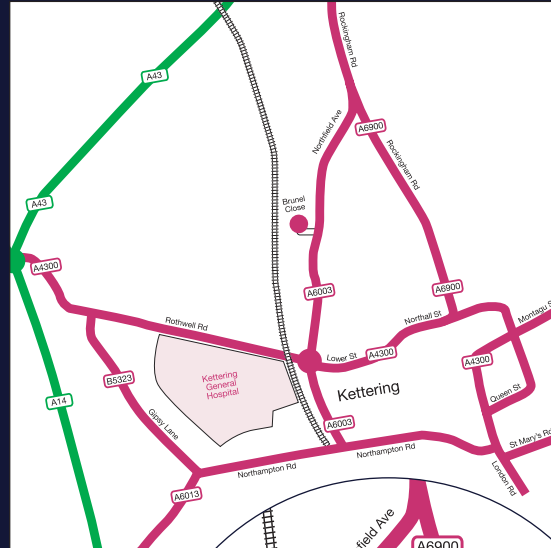
Address: .....

Postcode: .....

Tel: .....

Email: .....

How to find us:



&



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