



## **Online sessions available and Groups**

### **Programme Zooms**

During these sessions a squad coach will go through a section of your gymnast's programme with other members of their group, count conditioning, and give them tips!!! These sessions are great for gymnasts to see and work with their teammates and have a coach cheering them on and positively reinforcing good techniques!!

### **Motivator Zooms**

Motivator zooms are open sessions with a squad coach to motivate your gymnasts and help with their programme!! Gymnasts will choose a part of their programme to work through with the coach watching, encouraging, and supporting them through! This is great for gymnasts who may struggle with motivation and a fantastic opportunity to ask questions, get tips and see other gymnasts from different groups!! These sessions will be a maximum of 8 gymnasts per session to ensure a more personal experience and gymnasts will have the chance to win points for their house!!!

### **Workshop Zooms**

Gymnasts from each group have been allocated into workshop groups to ensure the ability level is suitable for every gymnast! Each week there will be a workshop led by a squad coach that focuses on different skills and techniques. This is a fantastic opportunity to learn new skills, see gymnasts from different groups, work with different coaches and try something new!!

### **Games Zooms**

These sessions are purely for FUN! During these session's gymnasts will have the opportunity to see friends and different members of WGC, and take part in a variety of games, tasks and challenges each week!

### **Funky Friday Zooms**

These sessions are another great opportunity for gymnasts to see friends and different members of our WGC family. Each week we will go through one of our Funky Friday YouTube videos with a different fancy dress theme!! Gymnasts can get their siblings and family members involved and have lots of fun!!

### **Rec- Fit Zooms**

During this session, gymnasts will be put through their paces with some fun fitness activities! A great way to burn some energy, get strong & healthy and have loads of fun!!

### **Pre-school Zooms**

During these sessions your gymnasts will have the opportunity to take part in their gymnastics classes from home!

The sessions will start with a song and activity followed by a warm- up and shapes! Your gymnasts will then learn a new activity or skill and finish with a fun game!!

### **1hr Rec & 2hr Rec Zooms**

During these sessions, your gymnasts will have the opportunity to go through different aspects of their weekly programmes and 'skill of the days'!

Each session will start with a fun warm up, followed by drills and preparations for each skill with the coach encouraging and giving tips! The session will then finish with a cooldown and game!!

There will also be different time options for the classes to ensure each child is being given the best opportunity to continue with their gymnast's progression and have fun!!

### **Stretch Zooms**

During these sessions, your gymnasts will have the opportunity to improve their flexibility with a variety of different stretch exercises, these exercises are not only beneficial for your gymnast's future performance but also to prevent injury!!

## **Workshop & Stretch Groups for Squads**

**Group A** - 1 HOUR - P1, P3, REGIONAL SENIORS, REGIONAL 1 & 2

**Group B** - 1 HOUR - DEV, COUNTY JUNIORS AND SENIORS

**Group C** - 45 MINS- PETITES, PRE SQUAD 1 & 2 , 4 HOUR JUNIORS 1 & 2

**Group D** - 45 MINS - 4,6 & 8 HR F&V SENIORS, 8 HR JUNIORS, TUMBLING SQUADS