

Leisure Centres

Holiday activity support guide

This guide is designed to support British Gymnastics Leisure Centre Partners aiming to introduce or develop gymnastics holiday activity. The guide provides useful information and ideas on the planning, design, and marketing of holiday activities to create a successful programme.

Session content

Holiday activity sessions can be an opportunity to try new and exciting activities. Sessions within a holiday course can be 'stand-alone' and do not necessarily need to follow the progressive term plan. We recommend utilising the Jump into Gymnastics resource pack. With over 150 activity cards to choose from, a simple plan of 1 x games card to warm-up, 2 - 3 word cards and 1 x games card to cool down, would provide you with sufficient content for a fun and exciting session within your course of activity during the holiday.

Planning your sessions beforehand is a great way to stay organised and ensure you provide opportunities for your gymnasts to learn and achieve; it is also a helpful way to track your gymnasts' progress.

Session content ideas:

TopYa! session plans - For more information on TopYa! please [click here](#).

If you are interested, we can send you free session plans based upon our TopYa! Challenges featured within the App. For information on how to get these please see the contact details below.

POW! Academy - This programme runs alongside our core proficiency scheme, aimed at budding gymnasts aged 5 - 11 years. POW! Academy challenges gymnasts to showcase their talents, to be proud of their achievements and display their skills in a brand-new way. Every time a gymnast successfully achieves a new level, they'll be rewarded through a new badge and certificate scheme. For more information and free resources on POW! Academy [click here](#).

GymFit session plans - We have created three GymFit session plans to help encourage children to exercise through gymnastics, they can also be used for adult gymnastics sessions. If you are interested in trying these session plans, please see the contact details below. For more information on GymFit please [click here](#).

Themed sessions - Having a theme such as Halloween, Christmas, Great Britain or Unicorn can provide new, fun, and exciting ways of delivering gymnastics. There could even be a prize for the best costume!

GymChallenge - GymChallenge, a gymnastics competition with a twist. Unlike other team competitions, where gymnasts are marked on technical excellence, GymChallenge is focused on fun and fitness and can be staged in as little as two hours in your club. Which means now everyone can experience the unique thrill of a team competition without the pressure and no matter what their age and ability.

Marketing your sessions

Consider how you market your holiday gymnastics sessions:

- **Who are you directing the marketing to** – Parents, existing customers, new customers, local schools etc.
- **Attract the audience** - It is important that the marketing information should not only capture the eye of the customer, but also be informative (how and when they can get involved).

Marketing Platforms – Consider the following as ways in which you can promote your sessions:

- Social Media posts
- Website
- Sending letters home to parents
- Flyers / Posters
- Messaging displayed in reception
- Council notice boards

Partnerships - Through the creation of a partnership, or through networking with a local club, a Leisure Centre can provide greater opportunities, particularly to those children currently not active and on a club's waiting list. A gymnast may then be fed back into the club if or when it is appropriate to do so.

Retention

When planning for your holiday sessions, it is also important to consider how you may be able to retain any new gymnasts. Many children attend a holiday course to try out the sport for the first time. Preparing leaflets and information in advance to invite these children to start a gymnastics course following the holiday course will help with this.

Be aware of which sessions have available spaces. Following your holiday sessions, monitor any interest from potential new children into your termly classes. Be prepared to fill current classes and add extra classes to the current termly programme where possible.

Competitions- Competitions are a great way of retaining gymnasts. By delivering the holiday session content ideas, gymnasts will have engaged in fun and exciting activity. Could you consider holding an internal showcase or competition for your participants friends and family, to give the gymnasts the opportunity to perform the skills that they have learnt throughout their sessions.

Useful ideas

During the holidays, it may be a useful time to spend recruiting not only gymnasts, but also coaches and volunteers. Here are some useful ideas to achieve this:

Taster Sessions – Could you run taster sessions in your club over the holidays to attract new gymnasts? You could run these inside or outside your mainstream sessions, but make sure you consider:

- Do you have enough coaches?
- What age / ability are the taster sessions?
- When will they be held?
- Will you charge and if so, how much?
- How many spaces are available in the sessions?

Taster Days – Link in with the other sports and activities running within your leisure centre. This way children get the chance to try a variety of sports and learn a variety of new skills.

Bring a friend – Bringing a friend to gym for a day is a great way to increase numbers and to help bring out confidence within your gymnasts; for any new children you could treat this as a trial session.

Parties – Gymnastics parties are a great way to get a large group of children together to try gymnastics for the first time.

Coach Recruitment – Have you thought about recruitment over the summer? Many coaches find themselves looking for more coaching opportunities during the holidays; British Gymnastics can help to promote a position you have available on our website.

To find out how you can advertise a job vacancy on British Gymnastics please [click here](#)

Try something new

We have a suite of opportunities through different products at British Gymnastics that can guide and support you to try something different within your leisure centre. Have you considered any of the following?

- GymFit
- Jump into Gymnastics
- POW! Academy
- Introductory Aerobics
- Key Steps
- GymChallenge
- Adult gymnastics
- Festivals

For more information on any of our products please [click here](#)

Got a question?

Our team is here to help. If you have any questions, get in touch.

Contact your Leisure Centre Gymnastics Coordinator or,

T: 0345 1297129

Ext. 2531

E: participation@british-gymnastics.org

British Gymnastics, Lilleshall National Sports Centre, Newport, TF10 9AT