

Floor and Vault
CLUB HANDBOOK

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WOKING
GYMNASTICS CLUB

Floor and Vault **PROGRAMME**

Our Floor and Vault pathway is one of the competitive opportunities offered at Woking Gymnastics Club, with up to 100 gymnasts within the programme. The group is designed to prepare gymnasts for county and regional level competitions, with a focus on competing on the floor and vault.

While weekly training includes all artistic apparatus, gymnasts usually compete on floor and vault only. On occasions, selected gymnasts may be invited by their coach to compete on all artistic apparatus at specific competitions.

As this is a competitive program, gymnasts are expected to attend both of their weekly training sessions consistently. Regular attendance is essential for their progress and competition preparations. Gymnasts are also required to participate in all competitions that are appropriate for their age and skill level. If a gymnast repeatedly misses competitions without a valid reason, they may be reassigned to a weekday recreational class, where competition participation is not required.

The programme is divided into six groups, organised by age and ability. Group 1 is our entry level, while Group 6 represents the highest standard within the pathway. Entry into the programme, as well as progression between groups, is determined by coach selection.

Gymnasts can be invited to join the programme from age 6 and can continue until age 17. On turning 18, they will be invited to transfer into our Adult Gymnastics programme.

Our coaching team continually assess the progress of the gymnasts within this programme. Should they feel your child is suited to a different competitive pathway, or one of our recreational classes, they will communicate this with you.

At competitions, gymnasts typically follow the South-East General Gymnastics rules. They begin competing at novice level and can progress through to gold by achieving the required qualifying scores. At the start of each school year, coaches will aim to share the full calendar of events. Please note, events are subject to change at the discretion of the competition organisers.

Floor and Vault
**COMPETITION LEVEL
STRUCTURE**

NOVICE



INTERMEDIATE



ADVANCED



BRONZE



SILVER



GOLD

TIMETABLE

Class	Days/ Times	Per Month
Group 1	Monday - 16:30-18:00 / Saturday - 09:00-10:30	£108.50
Group 2	Monday - 18:00-19:30 / Saturday - 09:00-10:30	£108.50
Group 3	Tuesday - 18:30-20:00 / Saturday - 10:30-12:00	£108.50
Group 4	Tuesday - 18:30-20:00 / Saturday - 10:30-12:00	£108.50
Group 5	Wednesday - 18:00-20:00 / Saturday - 12:00-14:00	£140.50
Group 6	Wednesday - 18:00-20:00 / Saturday - 12:00-14:00	£140.50

ADDITIONAL CLASSES

Group	Time	Per Month
Tumble 1	Thursday 18:30-19:30	£52
Tumble 2	Thursday 19:30-20:30	£52
Tumble 1+	Thursday 18:00-19:00	£58
Tumble 2+	Thursday 19:00-20:30	£67
(Additional class prices exclude £7.50 membership fee paid in main class fees)		

PAYMENT NOTICES

Monthly Fees

Our classes operate continuously throughout the year, with scheduled breaks of two weeks at Christmas, over the Easter weekend, and during the month of August. Class fees are charged for 46 weeks of the year, and in August, only a £7.50 membership fee will be payable.

Competition fees

Fees required to enter external competitions are not included within the annual fees paid. WGC will submit the entry and pay any competition entry fees on behalf of the gymnast. These will be recouped via the members direct debit/invoice as above. Please note that as fees are paid at time of entry it is not possible to receive a refund should a gymnast withdraw from the competition.

All other costs associated with the competition (travel, subsistence, spectator admission fees etc.) to be paid directly by the gymnast parents.

British Gymnastics Membership

All Floor and Vault gymnasts must be members of British Gymnastics. This membership carries with it insurance, mandatory for all gymnasts. We are unable to do this for you, and it is your responsibility to take out or renew BG membership. Gymnasts in our Floor and Vault programme must have the Community level of membership. Failure to do so, will result in your child unable to participate in training sessions, and competitions.

Gift Aid

Please note that the Club, as a Charity, can claim Gift Aid on all Club membership subscriptions – by each parent completing a simple form the Club can claim 25% of the membership fee paid. For more information, please click [HERE](#).

500 Club

We encourage all our competitive members to join our "500 Club". For a small monthly contribution (currently £3 per month), you will be entered into a prize draw, 4 times year, to win a max. cash prize, currently £300. Other cash prizes are awarded. To join our 500 Club with no cost, please visit the 500 Club section on our website.

<https://www.wokinggymnastics.co.uk/500-club>



2025

COMPETITIONS

Date	Competition	Venue	Level	Notes
15 or 16/11/ 2025	Pegasus Floor and Vault	Pegasus Gymnastics Club, Kent, ME15 6RG	Intermediate, Bronze, Silver, Gold	
30/11/ 2025	South-East Floor and Vault	Guildford Spectrum, Guildford GUI IUP	Advance	
07/12/ 2025	South-East Floor and Vault	Guildford Spectrum, Guildford GUI IUP	Novice	
07/12/ 2025	Woking Internal Comp	Woking Gymnastics Club	4-Piece	Selected gymnasts only

2026 COMPETITIONS

Date	Competition	Venue	Level	Notes
08/02/2026	4 Piece Event	The Wiltshire School of Gymnastics. Lysander Road, Wiltshire. SN12 6SP	4 Piece	Selected gymnasts only
08/03/2026	County Floor and Vault	Weybourne Gymnastics Club, Byfleet Rd, Addlestone KT15 3JE	Novice and Intermediate	
26/04/2026	County Floor and Vault	Weybourne Gymnastics Club, Byfleet Rd, Addlestone KT15 3JE	Advanced, Bronze, Silver and Gold	
17/05/2026	South-East Floor and Vault	Guildford Spectrum, Guildford GU1 1UP	Bronze, Silver & Gold	
June 2026- Date TBC	Generation Invitational Tumble Competition	Collingwood Gymnastics Centre, Camberley, GU15 4AJ	Tumbling Gymnasts Only	TBC
28/06/2026	South-East Floor and Vault	Guildford Spectrum, Guildford GU1 1UP	Intermediate	
05/07/2026	WGC Club Festival	Guildford Spectrum, Guildford GU1 1UP	ALL	All gymnasts to perform in display- Novice and Intermediate to compete

All TBC Events - Coaches will inform parents if we will be attending this event closer to the date.

CLOTHING

For competitions, gymnasts will be required to wear the designated Floor and Vault team kit:

All:

- WGC Competition Jacket
- WGC leggings or tracksuit bottoms (optional)
- WGC Navy competition t-shirt (optional)

All of the above can be purchased via our online shop -

<https://www.wokinggymnastics.co.uk/clothing>

Girls:

-Rocsa short sleeved competition leotard. As these leotards are made to order, **the coaching team will coordinate kit purchases and invoices raised in advance.**

-Navy shorts (optional) - Girls navy shorts

Boys:

-Milano leotard with white shorts – Leotard and shorts / Boys shorts only.

In addition, gymnasts will be required to follow the rules below:

- No jewellery (including earrings)
- No crop tops
- T-shirts can be worn for training, but these must be over the top of leotards
- Long hair tied must be tied back
- Socks are required for the trampoline
- Gymnasts are able to wear their own leotard of choice to their weekly training sessions. Alternatively, gymnasts can purchase our general club leotard for training purposes.

Please note: The Club uniform/leotards are usually updated every 2 to 3 years and are required for competitions

SAFEGUARDING AND WELFARE

Safeguarding and Welfare

Woking Gymnastics Club places our responsibility to safeguard and protect the welfare of all our gymnasts and staff as being central to our Club values.

Our clear and robust process for the management of safeguarding and welfare related matters is written in detail within our Safeguarding and Welfare policy, A copy of which is available to view on our website.

Should you wish to discuss a safeguarding or related issue please, in the first instance, please contact or speak with our Lead Welfare Officer. All conversations will be treated in confidence.

Details of welfare officers are also on our website and on the noticeboard within the lobby of our main facility.

You may choose to contact us on related matters via
welfare@wokinggymnastics.co.uk

Injury Management

The well-being of your child is of paramount importance to us; however, injuries may occur during training. WGC ensure that a coach who is trained in first aid is present at every coaching session and, in the event of an injury during training we will ask you to sign an accident report form. We will speak with you to explain how the injury happened, its extent and agree a forward plan. Should the injury require immediate medical attention we will act in the child's best interest and will contact you immediately.

Please ensure that we hold your child's correct medical information and that the mobile phone contact number we hold for you is up to date.

It is also possible that your child may sustain an injury elsewhere. Should this happen please let us know and again we can agree how to progress.

COACHING STAFF



Becky - Head of GFA



Gemma



Heidi



Phillip



Maddie



Kara



Jesse



Jacob

FAQ

Who can I speak to about my child's progress?

Our coaches are the best for all progress updates, speak to reception or one of the lead coaches to organise a meeting to discuss further.

What is the notice period for classes?

We ask for one month's notice for any cancellation of classes.

Is there any training throughout the month of August?

During the 4-week August break, training for our Floor and Vault gymnasts will continue on a pay-as-you-go basis, allowing flexibility for summer holidays. Wherever possible, gymnasts are encouraged to attend these sessions to maintain continuity in their training. Full details and booking links will be shared with members in July.

Where can I purchase the required team kit?

All kit must be pre ordered online, links and information will be attached in the 'clothing' page. We do not keep any kit on site at the gym.