



Gymnastic Club Phuket

Our gymnastics club based at UWCT was formed 7 years ago and started private and has developed into a club with different disciplines that provides certified training in gymnastics classes around Phuket and in partnership with UWCT.

Our coaches have been gymnasts and/or athletes all of their lives. They each possess valuable skills and experience as recreational and competitive gymnastics coaches. The Head Coach holds a Bachelor in Child and Youth Education with focus in Gymnastics. She also holds awards with British *Gymnastics* and *NCAS/NOAS AUS Womans Gymnastics Intermediate Coach* and is First Aid/CPR, AED certified with Extra Care for Children certificate.

Gymnastic Club Phuket works with children aged 3 – 18 years to work through our Gym Club Awards Scheme where they can learn the basic fundamental moves of the sport, have fun, make new friends and achieve certificates and color bracelets. As the Woman's Artistic Gymnastics (WAG) Program is followed in Asia our strong, although young, gymnasts can work through the WAG Levels 1-10 if they wish to compete with a minimum of 2 hours training per week.

All students have 4 choices: British Gymnastics (BAGA) awards program with color bracelets, WAG Level training, Recreational Gymnastics or Ninja classes. We aim for our sessions to be fun, productive and structured, with the gymnasts working with experienced and enthusiastic coaches who we hope will give them a fantastic experience of gymnastics, and help them develop their skills.

We currently have over 91 students attending our gymnastics club. As the popularity of gymnastics grows, we view it as a good sign that gymnastics is growing both in Thailand and within the international school community. We are pleased to announce that we now have 10% more gymnasts in the program this academic year compared to last year particularly in our highest Level 5 WAG class with more secondary girls. This is a good sign that our gymnasts are passionately engaged in their training and sport. We also so just 2019 did our first competition against national and international club and we placed 6 out of 16 team hurray!!

Program Overview: Recreational Gymnastics no minimum hours from 3-4years (depends on the development of your child) and up; 50-60 min lessons. Max Students to instructor ratio is 6:1 or 12:2, Under 6 year's 18:3 maximum

Educational Purpose: Our aim is to provide a safe, healthy, fun environment for students to develop as individuals to reach their maximum potential. Our aim is to train students to get flexibility and to increase their movement and increase their muscle and bone strengthening. All training movements help stimulate their learning, whether theoretical or practical.

Goals: All levels should be able attend, Gymnastic is for everyone!
All classes accept any gender with the exception of our Boys Ninja Acrobatic program.

Woman's Artistic Gymnastics (WAG)

To join this programme, we require a minimum of two hours of training per week. We have widened the base of our program and offer the four full elements: beam, bar, floor and vault skills. We are giving our youngest gymnasts a head start to the competitive skills and routines such as:

“Back On Track”, “Track It or Lack It”, “Goal Setting” & “Awards Week”

At the beginning of each activity season, our students take two weeks of “Back on Track” training to regain the fitness, strength, and flexibility of the gymnasts. During the last week of each activity season, students train under the “Track It, or lack It” routine. The coaches will assess the student's current skills and undergo some gap analysis. This will enable the coaches to understand exactly where each individual gymnast is and to clearly mark the next steps for each individual gymnast to help them reach even more success in their personal goals whether they strive for recreational gymnastics or are interested in Gymnastic competitions.



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We offer a minimum of two chances per academic year for students to compete within UWCT. Min 1 times per year outside UWCT. We will also have a showcase where the recreational or BAGA awards students and Ninja Boys can show their skills.

For our Recreational gymnasts & youngest level, we have an awards program from British Gymnastics called BAGA awards where students start at Award 8 going down to 1 in different color scheme. Our highest award so far has been Award 4 Light Blue to a primary boy which is a diploma and bracelet with a self-cost of issuing at THB250 each award.

Girls Competition leotard and shorts should be ordered and paid for when start of class. in order to ensure they arrive in time for their meets.

The vision of WAG program is first to teach all elements in WAG and after all elements are achieved we would look into compete against other schools. We have previously had gymnasts from Phuket's BIS, Oak Meadow and KIS International Schools attending our in-house competition.

The coaches are excited for another fun-filled year of hard training. We have already seen many gymnasts making personal bests and accomplishing new skills.

Boys Ninja Acrobatic Program

This program involves a lot of parkour training and acrobatics inside the blue floor gym. We offer other pure boys classes on Thurs 2:40-3:40 and all Ninja Acrobatics are for boys only. For days and ages times see term schedule on schools buddy. We strongly believe that gymnastics should be part of any school/developmental extra activities program. When proper skill progression is followed within a safe environment, there are many benefits to the participants. By offering a non-competitive environment like UWCT is a part of IB programs each student will be able to have fun, meet and play with other students, learn new skills and develop physically. We are dedicated to bringing this experience to anyone in Phuket and the students of UWCT.

We offer:

- Preschool Gymnastics
- Mum with Toddlers movements
- Girls & Boys Recreational Gymnastics
- Competitive Gymnastics
- Tumbling & Trampoline
- Ninja Acrobatics-boys only
- Break-Dance
- Parkour
- Gymnastic Camps (Half days 9-12 for 800 baht 9-3 pm we charge 1550 per student)

We know our program will draw students from other schools too because of our location and broad program and we keep light and fun in class.

You can view updates and classes, programmes and events on the [Facebook Page](#). Please do not hesitate to email info@gymnasticclubphuket.com if you have any questions. Please always feel free to pop into the see Head Coach Jessica if there are any concerns or if you need clarification on anything.