

## Application Form

Childs Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Contact no: \_\_\_\_\_

Home: \_\_\_\_\_

Mobile: \_\_\_\_\_

Please tick Camp date:

Camp 1 (18<sup>th</sup> -20<sup>th</sup> Apr) \_\_\_\_\_

Camp 2 (27<sup>th</sup> -29<sup>th</sup> Apr) \_\_\_\_\_

Please return completed forms together with a €20 deposit to the Registration Desk at Douglas Gym Club on Wednesday or Friday evenings or Saturday morning.

or via Post to:

Rachel O'Byrne,  
Forrest Lane, Ballymartle Woods,  
Riverstick, Co. Cork

Any additional queries, please phone Rachel at 087-9198095 or visit our website at

<http://www.douglasgym.com>

Balance of payment due on first day of camp. Non members will be required to complete additional forms for health& safety and insurance purposes.

*(Details of our Summer Camps will be released on our website in the next few weeks.)*



## Douglas Gymnastics Club

2011 Easter Camp



Camp 1:-Monday 18<sup>th</sup> – Wed 20<sup>th</sup> April

Camp 2:- Wed 27<sup>th</sup> – Fri 29<sup>th</sup> April

Time: 10am – 12.30pm

Cost: €40

Members and non-members welcome!

Each child should bring a small packed lunch (no fizzy drinks). We also ask that children wear suitable clothing for doing gymnastics in. No jeans or loose clothing.

## Douglas Gymnastics Club

Please note that our Easter Camp will take place in our Donnybrook Venue:  
Unit D2, Donnybrook Commercial Centre. You can see a map, and find out more about our club by visiting us at

<http://www.douglasgym.com>



DOUGLAS GYMNASTICS CLUB



Gymnastics  
Easter Camps  
18<sup>th</sup> -20<sup>th</sup> April  
&  
27<sup>th</sup> -29<sup>th</sup> April

# Douglas Gymnastics Club

Douglas Gymnastics Club was founded in 1978, and over the years we have coached gymnastics to thousands of children from Cork City and County. We currently train in Douglas Community School, but we are in advanced stages of planning our own dedicated gymnastics training centre. Our record nationally and internationally is impressive; we are one of the premier clubs in Ireland, and our gymnasts are consistently the bedrock of International Irish Gymnastics Teams.

We have over 400 members, boys and girls, and our goal is to help each child achieve their potential, at whatever level of gymnastics they wish to partake in. Douglas Gymnastics Club is a community club, managed by a voluntary parents committee.



## 2011 Easter Camp Activities

All activities will be taught in a fun, supportive & positive environment. Our goal is to build the confidence and ability of each individual child, as well as building social skills with team games, and group interaction.

At Douglas Gymnastics Club we have a full range of International standard equipment.

During the camp, the children will get to experience a huge range of gymnastics apparatus, improving strength, co-ordination and spatial awareness in a fun & safe environment.

Each child will improve the skills they already know, and of course learn some more!

Floor – roll, tumble, turn, twist, on soft and bouncy mats

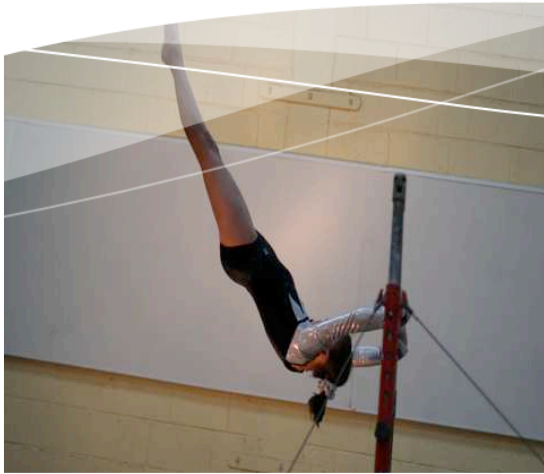
Bars – Hang, swing, pull, on the high bar, and the asymmetric bars

Vault – Running and Jumping! This one is all about speed & power!

Trampoline & Trampette – Jumping and Turning!

Beam – for the girls - challenge your balance and co-ordination skills on the beam

Parallel Bars, Pommel and Rings – for the boys, great for building upper body strength and co-ordination, as well as spatial awareness.



## Club Membership

We are currently taking names for vacancies that may arise in our weekly classes for both boys and girls of all ages. If your child would like to become a member of our vibrant club, drop us a line at 087-919-8095, email us at [members@douglasgym.com](mailto:members@douglasgym.com), or visit our website: <http://www.douglasgym.com>