



I'M IN Programme Participant Events 2015



Do you want to try gymnastics and get **involved** in events at your local Hub Club?
There are a number of great gymnastics events for you to try, all available to disabled people of all impairments:

I'M IN Taster Events:

The perfect opportunity for disabled people who want to try gymnastics for the first time, absolutely free. You will be able to try a range of different gymnastics activities, so you can decide which type is for you!

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I'M IN Festival Events:

A great opportunity for disabled people who are new to gymnastics. Events will have a display/show focus so you can enjoy the creative side of gymnastics; learn new skills in a team and create an exciting performance – sure to be an unforgettable experience!

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I'M IN Competitions:

These events offer a fun and friendly competition for disabled people who have recently started gymnastics. Any British Gymnastics members can take part and best of all, competition entry is free to gymnasts in I'M IN clubs!

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I'M IN Taster Events



Where?	When?	Who can attend?	What is on offer?	How can I sign up?
East NEW! Hub Club D on our map Waveney Gymnastics Club at Water Lane Leisure Centre, Lowestoft, Suffolk, NR32 2NH	Sunday 12th April 2015 10.00am-3.00pm	We're inviting disabled people aged 11-17 and 18 years + to come along and try gymnastics free of charge. You don't need to have any previous experience of gymnastics, and you're more than welcome to bring friends and family along too!	You will be able to try a range of different gymnastics activities including Freestyle (FreeG), Artistic and GymFit! Activities will be fun and friendly, and a great way to keep fit! See what type of gymnastics you like best and we will help you to find a club offering classes near you!	Don't miss out! Contact Ellen Hutchings if you have any questions at all or would like to book your free place: ellen@waveneygymnastics.org
South East NEW! Hub Club J on our map Woking Gymnastics Club, Kingfield Road, Woking, Surrey, GU22 9AA	Sunday 12th April 2015 10am-1pm for those aged 11-17 years 1.30-4.30pm for those aged 18 years and over	Disabled people of all impairments are welcome to bring friends and family to our fantastic I'M IN Taster. We're keen to support any individual needs you may have so feel free to contact us!	Come along to our dedicated gymnastics centre and try your hand at Artistic Gymnastics, Trampoline, Rhythmic Gymnastics and Aerobic Gymnastics. There is sure to be something for everyone, whether you want to get fit, love the thrill of bouncing high or just want to meet new people.	To book your free place or ask any questions you may have please contact Jessica Spragg on jess@wokinggymnastics.co.uk or 01483 771426.
South West NEW! Hub Club A on our map Aspire Springers Trampoline Club, GL1 Leisure Centre, Bruton Way, Gloucester, GL1 1DT	Sunday 19th April 2015	All disabled people aged 11-17 and 18 years + are invited to visit our club to try gymnastics and trampolining for the first time. Separate sessions will be offered for the two age groups, with plenty of activities available to try! Why not bring a friend?!	Come and try trampolining and other gymnastics activities with us and see if you love it as much as we do. Our friendly coaches will be on hand to teach you exciting new skills and help you find your nearest gymnastics club.	Book your free place now, or ask our Head Coach any questions that you may have; email Dawn on dawn.lawson@asprespringers.co.uk

I'M IN Taster Events



Where?	When?	Who can attend?	What is on offer?	How can I sign up?
<p>North West NEW!</p> <p>Hub Club K on our map</p> <p>Preston City TC, Unit 9. Lane Ends Trading Estate, Blackpool Road, Preston, PR2 2DS</p>	<p>Sunday 10th May 2015</p>	<p>We'd like to see as many disabled people as possible aged 11+ attend our free gymnastics and trampolining taster! We're keen to support individuals of all impairments, and family members are welcome to take part too – no experience needed!</p>	<p>Visit our fantastic gymnastics and trampolining centre to try a range of gymnastics activities including Trampolining, and Freestyle Gymnastics (FreeG)! We can tell you about the inclusive sessions we already offer at our club as well as other clubs offering Disability Gymnastics near you!</p>	<p>We look forward to answering any questions you have. Please contact Fiona on 01772 720941 or by email bounce@pctc.org.uk.</p>
<p>East NEW!</p> <p>Hub Club F on our map</p> <p>Recoil Trampoline Club, Trampoline & Activity Centre Eagle Way, Warley, Brentwood, CM13 3BP</p>	<p>Sunday 27th June 2015</p>	<p>Any disabled people aged 11+ can attend our taster and are more than welcome to bring families along too. Separate activities will be offered for those aged 11-17 and 18+, suitable for those who've always wanted to try gymnastics but don't have any experience of it yet!</p>	<p>Try a range of different gymnastics activities in our fantastic dedicated trampolining centre. The taster session will be a great opportunity to meet new people, try something new and have lots of fun, especially for those who haven't tried trampolining before.</p>	<p>To book your free place or ask any questions you may have please contact Tricia on: mail@springiton.co.uk or 01277 500282.</p>

Looking for a Taster Event closer to you?

The calendar will be updated throughout the year with more opportunities planned in our Hub Clubs.

If you have any specific questions, please contact erin.jolly@british-gymnastics.org

I'M IN Festival Events



Where?	When?	Who can attend?	What is on offer?	How can I sign up?
<p>East COMING SOON! Hub Club D on our map</p> <p>Waveney Gymnastics Club, Venue to be confirmed, but likely to be held in Diss (Norfolk).</p>	<p>May/June 2015 Further details to be confirmed</p>	<p>We're inviting disabled people aged 11+ to come and get stuck in, and try a range of gymnastics activities for the first time. Separate sessions will be offered for teenagers and adults; families and friends are welcome to come along to watch or even take part.</p>	<p>Try a range of different gymnastics activities with our qualified coaches and see what type of gymnastics you like best. There will be an opportunity to work with others, make friends, and to show family what you've been working on at the end of the session.</p>	<p>To register an interest or request that more information be sent to you when available, please contact Ellen Hutchings on ellen@waveneygymnastics.org</p>
<p>London COMING SOON! Hub Club C on our map</p> <p>Falcon Spartak Gymnastics Club – venue to be confirmed</p>	<p>May/June 2015 Further details to be confirmed</p>	<p>We'd love to see lots of disabled people aged 11 and over at our upcoming disability gymnastics festival. Bring a friend or your family to take part too, and try a range of gymnastics activities that are suitable for everyone!</p>	<p>We will be offering an opportunity to try a range of gymnastics disciplines with more details coming soon....</p>	<p>To register an interest or request that more information be sent to you when available, please contact Kay: kay.salter@btinternet.com</p>
<p>West Midlands NEW! Hub Club G on our map</p> <p>Worcestershire Special Olympics at Wyre Forest Gymnastics School, Lisle Ave, Kidderminster DY11 &DL</p>	<p>Sunday 5th July 2015</p>	<p>Disabled people of all impairments are welcome to try gymnastics with family and friends at our I'M IN Festival. There will be activities on offer for those aged 11-17 and 18years+, with something for everyone whatever your experience of gymnastics!</p>	<p>Take part in our I'M IN Disability Gymnastics Festival and try gymnastics for the very first time. We will be offering activities including Women's Artistic, Men's Artistic and Rythmic Gymnastics. What type of gymnast will you be?!</p>	<p>Please contact Sue on susanperks@aol.com. Sue will be happy to answer any questions or send you more information.</p>

I'M IN Festival Events



Where?	When?	Who can attend?	What is on offer?	How can I sign up?
South East NEW! Hub Club J on our map Woking Gymnastics Club, Kingfield Road, Woking, Surrey, GU22 9AA	Sunday 26th July 2015 10am-1pm for those aged 11-17years 1.30-4.30pm for those aged 18 years +	Any disabled people aged 11+ can attend our festival and are more than welcome to bring families along too. You don't need to have tried gymnastics before; we can't wait to see you there!	Come along to our dedicated gymnastics centre and try your hand at Artistic Gymnastics, Trampolining, Rhythmic Gymnastics and Aerobic Gymnastics. There is sure to be something for everyone!	To book your free place or ask any questions you may have please contact Jessica Spragg on jess@wokinggymnastics.co.uk or 01483 771426.
North West NEW! Hub Club K on our map Preston City TC, Unit 9. Lane Ends Trading Estate, Blackpool Road, Preston, PR2 2DS	Sunday 18th October 2015	Disabled people of all impairments are welcome to come along. Bring a friend and try gymnastics or trampolining for the very first time; what better way is there to spend your weekend?!	Visit our fantastic gymnastics and trampolining centre to try a range of gymnastics activities including Trampolining, and Freestyle Gymnastics (FreeG)! Find out about inclusive gymnastics sessions near you.	To register your interest please contact Fiona on 01772 720941 or by email bounce@pctc.org.uk .
East NEW! Hub Club F on our map Recoil Trampoline Club, Trampoline & Activity Centre Eagle Way, Warley, Brentwood, CM13 3BP	Sunday 14th November 2015	We're inviting disabled people of all impairments to attend our festival, with friends and family too! We will offer separate sessions for those aged 11-17 and 18+, and are keen to support any individual needs you may have.	Try a range of different gymnastics activities in our fantastic dedicated trampolining centre. It is bound to be fun for everyone; get fit while bouncing high, having fun and meeting new people!	To book your free place or ask any questions you may have please contact Tricia on: mail@springiton.co.uk or 01277 500282.

Looking for a Festival Event closer to you?

The calendar will be updated throughout the year with more opportunities planned in our Hub Clubs.

If you have any specific questions, please contact erin.jolly@british-gymnastics.org

I'M IN Competitions



Where?	When?	Who can attend?	What is on offer?	How can I sign up?
South West Hub Club I on our map Gemini Gymnastic Club, Unit 6 Blackfriars Rd, West End Trading Estate, Nailsea, BS48 4DJ	Sunday 26th April 2015 Starting at 12.00pm	Our I'M IN Competition is open to all disabled people who have recently started gymnastics. All participants will need to be Bronze British Gymnastics members. I'M Clubs can enter for free!	We will be offering competitions for disabled people to take part in Floor, Vault and Trampoline—please contact us for a copy of the competition rules. We look forward to seeing you there!	For more information or to enter, please contact Jill Pope on 01275 854872 / 01275 866419 or by email; jnpope@bs48.com .
Yorkshire UPDATED! Hub Club M on our map Special Olympics City Of Hull Gymnastics Club, Haltemprice Leisure Centre, Springfield Way, Anlaby, Hull, HU10 6QJ	Sunday 17th May 2015 Time dependent on number of entries	Disabled people of all impairments are invited to take part in our entry level competition – a fun and friendly day! You will need British Gymnastics Bronze Membership. I'M IN Clubs can take part for free!	We will be offering an entry level disability gymnastics and trampoline competition; suitable for everyone. Contact us for a copy of the rules... and get practicing!	For a registration form, or if you have any queries please contact Johanna.billingsley@gmail.com The closing date for entries is Friday 24 th April.
South COMING SOON... Hub Club B on our map Basingstoke Gymnastics Club, Stephenson Road, Basingstoke, RG21 6XR	May/June 2015 Date to be confirmed	Disabled people of all impairments can take part and I'M IN Clubs enter for free! Don't forget, competitors will need British Gymnastics Bronze membership.	Our competition will be suitable for disabled people of all impairments aged 11+, with any level of experience in gymnastics. Contact us for a copy of the competition rules.	To register your interest, please contact Alexandria Campbell on alexandria.basingstokegymclub@hotmail.co.uk
West Midlands NEW! Hub Club G on our map Worcestershire Special Olympics at Wyre Forest Gymnastics School, Kidderminster, DY11 &DL	Sunday 8th November 2015 Timings depending on number of competitors	Disabled people of all impairments can take part whether aged 11-17 or 18+. I'M IN Clubs enter for free! Competitors will need British Gymnastics Bronze membership.	Take part in our fun and friendly I'M IN Disability Gymnastics competition, whatever your experience of gymnastics. Routines and rules will be available soon.	Please contact Sue on susanperks@aol.com . Sue will be happy to answer any questions or send you more information.

I'M IN Competitions



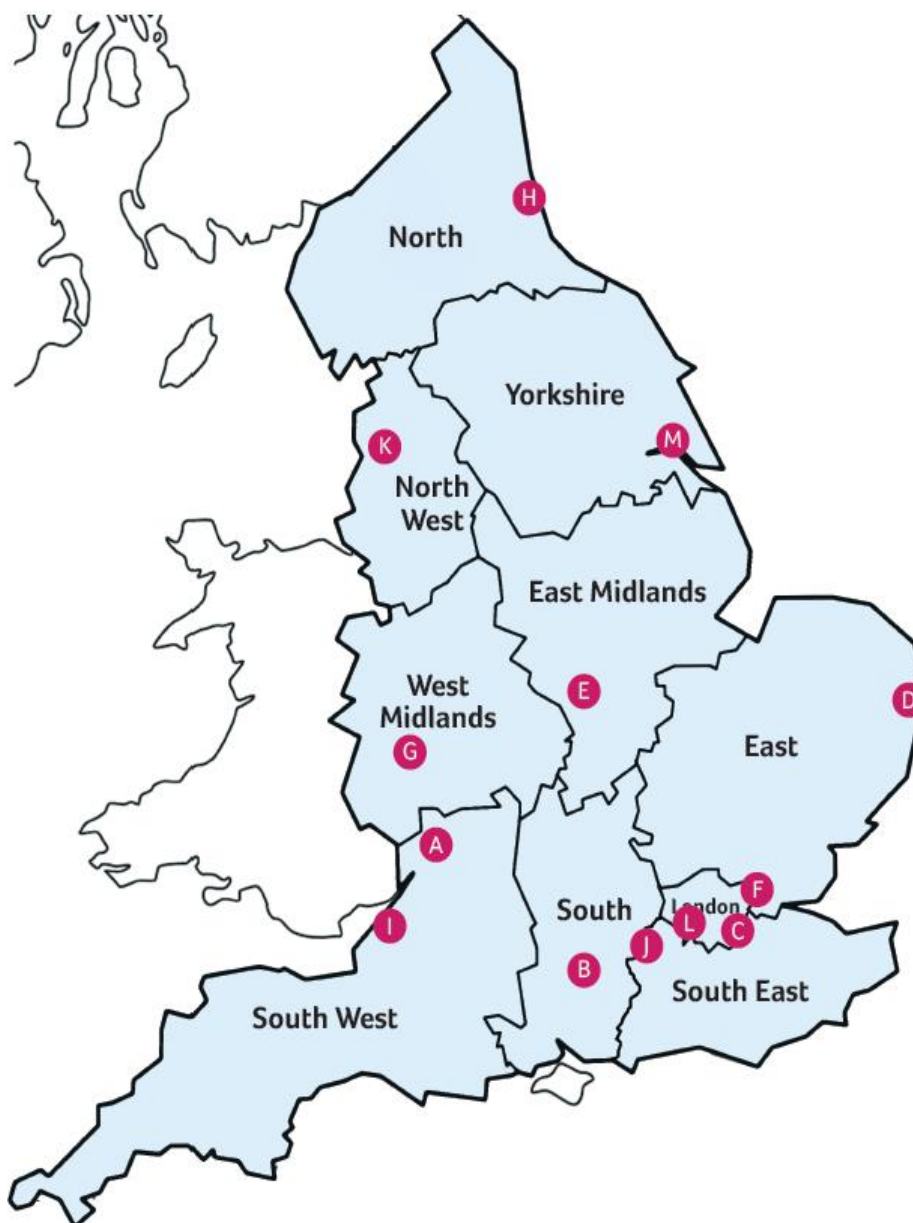
Where?	When?	Who can attend?	What is on offer?	How can I sign up?
South East NEW! Hub Club J on our map Woking Gymnastics Club, Kingfield Road, Woking, Surrey, GU22 9AA	Sunday 20th December 2015 Timings depending on number of competitors	Disabled gymnasts of all impairments are welcome to take part in our first I'M IN Competition! Please make sure you have British Gymnastics Bronze Membership. I'M IN Clubs can take part for free!	We will be offering Floor & Vault, and Trampolining competitions for disabled people of all impairments to take part in. Rules will be suitable for gymnasts of all levels – please contact us for more information.	To register your interest and receive more information about requirements/routines please contact jess@wokinggymnastics.co.uk or speak to Jessica Spragg on 01483 771426.
East NEW! Hub Club F on our map Recoil Trampoline Club, Trampoline & Activity Centre Eagle Way, Warley, Brentwood, CM13 3BP	Sunday 13th March 2016 Timings depending on number of competitors	Our competition is open to all disabled people aged 11+ and 18+. Participants require Bronze British Gymnastics membership, but best of all, I'M IN Clubs can take part for free.	The competition will mainly consist of trampolining, with levels to suit gymnasts of all abilities. Please contact us for a copy of the rules so you can start practicing now!	To enter or receive more information about competition rules, please contact Tricia on: mail@springiton.co.uk or 01277 500282.
North West NEW! Hub Club K on our map Preston City TC, Unit 9. Lane Ends Trading Estate, Blackpool Road, Preston, PR2 2DS	Sunday 20th March 2016 Timings depending on number of competitors	We're inviting disabled gymnasts from I'M IN clubs to take part in our competition for free. Remember you'll need British Gymnastics Bronze membership.	Our friendly trampolining competition will be open to all disabled people whether or not they have competed before. Please contact us for a copy of the rules and routines.	To register your interest and receive more information about requirements/routines please contact Fiona on 01772 720941 or by email bounce@pctc.org.uk .

Looking for an I'M IN Competition closer to you?

The calendar will be updated throughout the year with more opportunities planned in our Hub Clubs.

If you have any specific questions, please contact erin.jolly@british-gymnastics.org

Where is my local Hub Club?



Disability Hub Clubs appointed

- | | |
|--|---|
| A Aspire Springers TC | H AAAsports |
| B Basingstoke Gym Club | I Gemini Gym Club |
| C Falcon Spartak | J Woking Gymnastics Club |
| D Waveney Gymnastics Club | K Preston City TC |
| E Hinckley Gymnastics Club | L Richmond Gymnastics Assoc |
| F Recoil Trampoline Club | M Special Olympics City of Hull GC |
| G Special Olympics Worcestershire at Wyre Forest Gym School | |



Looking for a gymnastics club closer to you?

Visit www.british-gymnastics.org/discover to find your nearest Disability Gymnastics club.