

# OLYMPIAN GYMNASTICS SCHOOL PROGRAMMES

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[WWW.OLYMPIANGYMNASTICS.COM](http://WWW.OLYMPIANGYMNASTICS.COM)



**HELLO!** Thank you for taking the time to learn about **Olympian Gymnastics**. We are Ireland's largest gymnastics provider, offering over 100 weekly classes across six different venues. We specialise in non-competitive, gymnastics-based movement programmes for children aged 18 months to 16 years old, emphasising social development and interaction.

Our gymnastics programmes promote essential social skills, fostering growth throughout children's lives. With a history dating back to 1965, we have been dedicated to keeping children physically fit and healthy for many years.

Regardless of age or ability, our gymnastics classes prioritise fun. With inclusion at the heart of what we do, we strive to ensure everyone can enjoy the benefits of gymnastics.

WELCOME





# MEET THE TEAM

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# WHY WORK WITH US



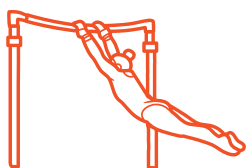
## QUALIFIED COACHES

Our coaches go through our in-house training programme to ensure every member of our team can coach at the highest standard, delivering exceptional classes to every school.



## BESPOKE CLASSES

Due to our experience level, we can tailor each class to the student's level. By adapting our classes, we ensure every student has the chance to enjoy all aspects of gymnastics.



## HIGH-END EQUIPMENT

After inspecting the school's gym, we bring any additional gymnastics equipment so the students can utilise the various apparatus involved in gymnastics.



## COMPANY EXPERIENCE

We have been doing this since 1965, so be rest assured that we have the experience behind us to deliver a flipping awesome school programme to your students.





# SERVICES OFFERED

Our tailored solutions enhance your school's physical education landscape, ensuring an immersive gymnastics experience that will ignite the passion for movement in every child. Our comprehensive offerings are designed to seamlessly integrate with Ireland's gymnastics physical education strand, aligning with the national curriculum guidelines.

At Olympian Gymnastics, we're not just offering gymnastics – we're offering a holistic journey towards physical empowerment and enthusiastic participation. We'd love for you to join us in creating a generation of agile, confident, and joyful learners through the captivating world of gymnastics.



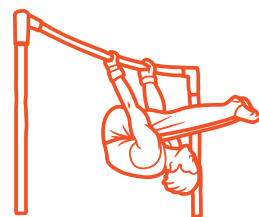
01

**IN-SCHOOL  
PROGRAMMES**



02

**AFTER SCHOOL  
PROGRAMME**



03

**SCHOOL  
TOURS**



# IN-SCHOOL PROGRAMME

We're committed to providing students with an exceptional opportunity to learn and immerse themselves in the world of gymnastics. Our curriculum is thoughtfully crafted to cater to primary school students' unique needs, nurturing their physical development while fostering a sense of joy and accomplishment.



## MOVEMENT-BASED CLASS

Guided by our expert instructors, children have the chance to delve into a world of dynamic movement, both on the floor and while navigating an array of equipment.



## EMPOWERING EVERY CHILD

At the core of our approach lies the belief in fostering personal development. As children explore the world of gymnastics, they encounter tasks that are both challenging yet realistically attainable. This balanced approach ensures that each child experiences success at a personal level.



## NON-COMPETITIVE

In alignment with our philosophy, we cultivate a non-competitive environment where the emphasis is on personal growth rather than comparison.



## GROWTH & LEARNING

Our gymnastics programme follows a well-structured and professional approach to guide children through their developmental journey. This structured progression allows children to enjoy the process, develop an appreciation for gymnastics, and unlock their individual potential while enjoying a safe and supportive learning environment.



# AFTER SCHOOL PROGRAMME

We also extend the excitement beyond the classroom with our after-school sessions. This supplementary experience is thoughtfully designed to provide your students with an extra avenue to engage with gymnastics in a fun and interactive manner.

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## LEARNING CONTINUES

We understand that learning doesn't stop when the school day ends. Our thoughtfully crafted sessions provide students with an additional avenue to explore gymnastics after school hours.



## PERSONAL CLASSES

In a fun and interactive atmosphere, students can engage with gymnastics on a more personal level, allowing them to progress at their own pace while enjoying the process.



## HEALTHY HABITS

By participating in our after-school gymnastics sessions, students not only enjoy physical activity but also develop a deeper appreciation for the importance of regular exercise and staying active.



## BUILDING CONFIDENCE

Beyond the physical skills, our after-school sessions offer a platform for students to build self-confidence and forge new friendships.





# SCHOOL TOURS

Embark on an unforgettable adventure by bringing your students to our incredible headquarters gym located in the heart of Greenhills. Watch their eyes sparkle with excitement as they step into a world of cutting-edge facilities and experience firsthand the wonders that a state-of-the-art gymnasium has in store.



## CHERISHED MEMORIES

Our school tours offer an opportunity for classmates to bond, share experiences, and create lasting memories



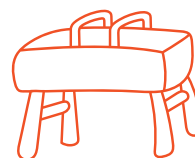
## INSPIRE LEARNING

Taking students to our state-of-the-art gym at Greenhills offers a unique chance to inspire learning beyond the traditional classroom.



## HOLISTIC DEVELOPMENT

Beyond the physical benefits, your students will learn teamwork, sportsmanship, and discipline, through engaging activities and challenges at our tour.



## HANDS-ON EXPERIENCE

This hands-on encounter cultivates curiosity and ignites a passion for exploration, setting the stage for future interests in sports & fitness.



# PRICE GUIDE

## SCHOOL TOURS

**€15**  
PER CHILD

Up to a maximum of 60 children in one school tour.

YOU WILL GET

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Bespoke Timetable

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Maximum Ratio  
1 Teacher To 12 Children

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Fully Equipped Gymnastics  
Gymnasium

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Games & Rotation Through  
All Apparatus

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Bouncy Castle

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## IN-SCHOOL PROGRAMME

**€60**  
PER HOUR

Minimum of 2 hours per week for a four week block.

YOU WILL GET

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30 Minute or 45  
Minute Classes

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1 Coach

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Specific Gymnastics  
Equipment

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Aligned With The National  
School PE Curriculum

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End-of-Block Certificates

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## AFTER SCHOOL PROGRAMME

**BESPOKE  
PRICING**

Please contact us for pricing tailored to your school's needs

YOU WILL GET

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45 Minute or 60  
Minute Classes

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2 Coaches

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Specific Gymnastics  
Equipment

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Classes Based On Our Club  
Badges

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End-of-Term Certificates

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# SAFETY PROCEDURES

We prioritise the safety and well-being of all individuals involved in our gymnastics classes. To ensure this, we have the following measures in place:



## GARDA VETTING

All coaches we employ must undergo Garda Vetting through the National Vetting Bureau. This stringent process is integral to our commitment to child protection.



## FIRST AID PREPAREDNESS

To ensure immediate response, all of our coaches participate in a First Aid course every two years.



## SPORTS IRELAND SAFEGUARDING

All our coaches are trained in Sports Ireland Safeguarding Level 1, while our supervisors undergo Level 2 training. This comprehensive training equips our team to uphold the highest standards of safeguarding.



## PUBLIC LIABILITY INSURANCE

All gymnasts and coaches are covered under our public liability policy, provided by Allianz Insurance and Heavey Insurance Brokers. This policy offers a protective umbrella for our gymnasts' well-being.





# PROGRAMME TIMELINE

01

## Initial Discussion

The journey begins with an initial discussion where we understand your school's unique needs and aspirations.

We can then tailor the programme to align with your vision.

02

## Consultation

Following the initial discussion, we present a comprehensive plan that outlines the curriculum, objectives, and potential outcomes of the gymnastics programme.

03

## Scheduled Dates

Once the consultation is complete and all aspects are finalised, we work closely with your school to schedule the programme dates. Our team is flexible, ensuring that the chosen dates seamlessly integrate with your academic calendar.

04

## School Viewing

Prior to the commencement of classes, we will attend the school to view the facilities available and make arrangements to bring any additional equipment needed.

05

## Classes Start

With everything in place, the eagerly anticipated gymnastics classes kick off. Our coaches lead engaging sessions building student's physical skills, confidence, and a deeper appreciation for movement.

06

## Completion

As the programme concludes, we celebrate the progress and growth achieved by each student. A final assessment of the participants' development is conducted, showcasing the milestones they've reached during the programme.



Olympic Gymnastics

Rachad

# OLYMPIAN GYMNASTICS?



how do I remember it?



Well This is our catchy song so...

## OUR SONG

FLIPS, LUMPS, and tumbles Too come here  
and be cool!! at olympian gymnastics



Hey there. Have you ever seen such an amazing gymnastics place? Well I found one!

Olympic Gymnastics... One of the MOST fabulous places I have ever seen!

My kids ADORE Gymnastics! But we could never find a place where they really feel alive, until... now!

I enrolled my kids in this place called Olympic gymnastics. My kids are so come home with sad faces but ever since I enrolled them in olympic gymnastics, they come home with such happy faces!

Olympic gymnastics is different in a unique way.

## Olympian gymnastics!



Olympian gymnastics is the place you want to be from now, for ever there before. Buckle up it's about to begin!

Green hills, it's a big gym, Bunkle gym, Ballistex, Milltown and Bathgar are all the places where Olympian is, so it might be near you.

The coaches are amazing! What is in charge of school towns and trips. All the coaches are so so kind so no matter who you meet they all are fantastic with you.

The space is huge, you could find elephants in the huge, you'll have lots of space and it is for all ages so enjoy.

The beams and bars are for all ages big and small. You can do flips on the bars and do anything you can on the beams.

Liam Wright (aged 9) "It was fun filled and amazing experience went to the green hills one."

Nicole (aged 9) "I loved the beam, the high beam and Ollie the bouncy castle. The coaches were so kind. I liked doing games on the floor as well."

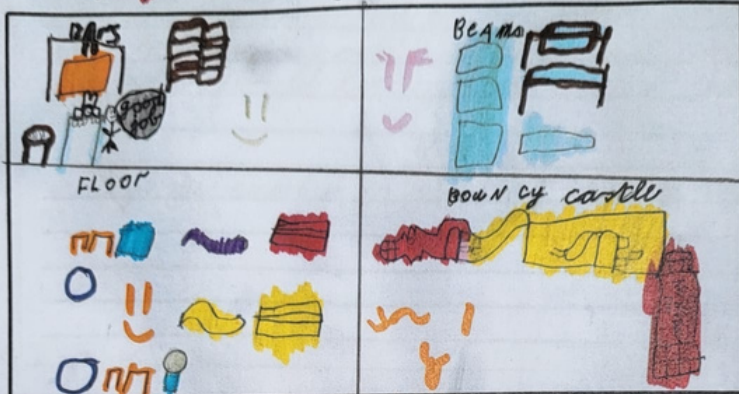
So book today, call 086 082 5737. Open 8 a.m. - 6 p.m.

## Olympian Gymnastics



How you know, meaning to start...

## Nicole's Olympic gymnastics advertisement 2023!



Do you like gymnastics? Do you want to become an olympian gymnast? If the answer is yes then I recommend you to go to olympian gymnastics!!!

Olympian gymnastics has the most amazing coaches ever, they are the best. There's massive amount of space on the floor to do gymnastics. There is bars, beam, trampolines that you can have a fantastic time bouncing on and an amazing bouncy castle!!!





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# NEXT STEPS



*Thank you!*

We would love to discuss our classes and opportunities further with you. Please reach out to us if you have any questions, and we will be happy to talk you through any areas in further detail. We look forward to hearing from you.



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