SYNERGY GYMNASTICS LONDON

CLUB HANDBOOK

2025/26

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WELCOME

Thank you for enrolling your child into Synergy Gymnastics London. This booklet will give you an insight into what the club is about and will hopefully answer any questions you may have.

By being part of SGL you are joining around 2,000 other people of all ages and backgrounds across one of our four venues in South East London.

Our aim for the club is to provide access and opportunities for everyone to enjoy the sport and progress as far as possible.

Over the last 12 months we have continued to reinvest back into the club by training more gymnasts to become coaches and replaced old worn out equipment.

This was also supported by a £25,000 grant from Southwark Council's Olympic Legacy Funding which has made an enormous difference to our facilities.

Our competition squads have continued to grow in size and compete regularly at National and International levels.

Over the next year we will continue to build on this success and ensure that this is just a stepping stone for the club to move onto bigger and better things!

THE BOARD OF DIRECTORS

ANDREW PAYNE
AVA BUCKLEY
LEVENT CHARLES

ABOUT SYNERGY GYMNASTICS LONDON

Synergy Gymnastics London has been in operation since September 2010 (Previously known as Southwark Gymnastics Club) and was incorporated as a Community Interest Company (CIC) in 2012 by a small group of coaches that had already worked together for a number of years.

Initially SGL took over a handful of sessions running at Harris Academy Peckham and Brunswick Park Primary school for about 150 gymnasts. Determined to grow from a small club into a full-time operation serving the local community, the coaches worked hard to improve facilities, develop gymnasts and mentor future coaches. We have:

- Grown to over 1,200 members
- Increased capacity to work with a further 1,000 participants in schools and drop-in sessions at our venues each week
- Opened training venues at Thomas Tallis, Camberwell Leisure Centre and Charles Dickens Primary School and developed Brunswick Park School into a full-time Gymnastics facility
- Increased our workforce to over 50 coaches including a full-time staff of 5
- Trained local youngsters into successful gymnasts at all levels including medal winners at European and World events
- Traveled the UK and Europe with our award winning Display Teams.
- Created pathways into coaching for older gymnasts

GYMNASTS AWARD SCHEME

Track Gymnast Progress on the Parent Portal!

MINI GYMSTARS AWARDS SCHEME

The Mini GymStars Scheme developed for children from 2 years focuses on the development of physical, literacy and movement skills. Children learn the three fundamental building blocks of movement – Action, Balance and Coordination, with a range of 40 different activities to choose from. The scheme introduces children to physical activity in a fun yet structured environment so that they can safely learn and experiment action, balance and coordination activities.

GYMNASTICS FOR UNDER 5'S

TINY GYM

Tiny Gym is a free play session for parent and child in a specially adapted gymnastics environment. Children can play and explore with features like mats helping to keep them safe.

Every session finishes with song time!

PRE-SCHOOL PROGRAMME

Our Pre-school Programme is run as a parent & toddler class for recreational level gymnasts which comprises of 45 minute sessions per week that teaches the fundamentals of Gymnastics in a fun and safe environment. As the name suggests the programme is suitable for any ability level from the age of 2 years old.

During a typical session gymnasts will spend 10 - 15 minutes taking part in a themed warm-up E.g. Christmas, Animal, Easter, Jungle etc. This warm-up includes stretching and practising different body shapes such as Tuck, Straddle or Hollow Dish which will prepare their body to learn new skills.

Once the warm up is complete the coach will demonstrate activities, drills and tips on each apparatus in the form of a circuit. The gymnasts and parents will then will be split into small groups where they will be able to move around each section. These rotations will cover different elements of Gymnastic

TUMBLE TOTS PROGRAMME

During our Tumble Tots sessions a parent/carer can watch from the side of the gym so that we can encourage children to be more independent as they follow the coach's instructions.

This class is a structured gymnastics class for children aged 3 and 4 with themes, awards and loads of fun!

This is a great way to help develop children's motor skills, balance, coordination and build their confidence to join our Gymnastics for All Programme.

DEVELOPMENT GYMSTARS AWARD SCHEME

The Development scheme starts at level 8 and works up to level 1. Each level has 10 skills to master and when completed gymnasts move up to the next level. Certificates and Badges are available to purchase.

THE GFA PROGRAMME
(GYMNASTICS FOR ALL)

GfA is our Programme for recreational level gymnasts and comprises of a one hour session per week that teaches the fundamentals of Gymnastics in a fun and safe environment. As the name suggests the programme is suitable for any ability level including beginners.

During a typical session gymnasts will spend 10 - 15 minutes warming up and preparing their body to learn new skills. This could include stretching and practising different body shapes such as Tuck, Straddle or Hollow Dish.

Once the warm up is complete the class will be split into groups of 6 to 8 children and they begin to move around each section. These rotations will cover different elements of Gymnastics - our newer members would begin with Rolling, Using a Springboard or Travelling along a Balance Beam. More experienced gymnasts will move onto skills like Back Hip Circles on the Bars, Somersaults on a Trampette or Back Flics. It's worth remembering that everyone learns at different speeds and the coaches will move gymnasts onto the next step when they are ready.

Track Gymnast Progress on the Parent Portal!

Everyone has the opportunity to take part in the End of Year Show and Club Competitions

We also run fundraising events throughout the year including a Summer Fair, Halloween Party, Easter Egg Hunt & Christmas Parties.

GYMSTARS ADVANCED PROFICIENCY AWARDS

The Advanced scheme starts at level 8 and works up to level 1. Each level has 10 skills to master and when completed gymnasts move up to the next level. Certificates and Badges are available to purchase.

THE ADVANCED GFA PROGRAMME

(GYMNASTICS FOR ALL)

Track Gymnast Progress on the Parent Portal!

Our Advanced GfA class caters to gymnasts who excel in our GfA classes, These classes offer the opportunity to take part in our Advanced Badge Scheme whilst working towards low-level Tumbling, Team Gym and Floor and Vault competitions as well as local display events throughout the year.

Gymnasts within these groups will have the opportunity to cross over to Tumbling, Team Gym or Floor and Vault depending on their ability.

Advanced GfA sessions are 2 hours in length and are by invitation only.

Currently, sessions run only at Brunswick Park and Thomas Tallis.

CLUB CALENDAR

Classes run all through the year with the exception of a two week break in Summer and at Christmas.

Classes close on major club event days including the End of year show and Club Championships.

The club also closes on Bank Holidays.

We remain open during school holidays including half terms except those periods mentioned above

Squad sessions may differ slightly depending on if there are upcoming competitions. Squad coaches will advise you of any changes to the below.

CLASS CLOSURES 2025/26

Christmas Break 2025

22nd December 2025 till 4th January 2026 (inclusive)

Summer Break 2026

17th August 2026 till 31st August 2026 (inclusive)

Additional Bank Holiday Closures

6th April 2026 Easter Monday
4th May 2026 Early May Bank Holiday
25th May 2026 Spring Bank Holiday

Occasionally we are forced to close a venue due to building or maintenance work being carried out by our landlords. This is often outside of our control and you will not be charged for any additional sessions which are closed.

HOLIDAY CLUB

During School Holidays including Half Term we run Holiday Clubs even when regular classes are closed

Holiday Club can be booked at
www.bookwhen.com/synergyholidaycamberwell or
www.bookwhen.com/synergyholidayblackheath

Siblings
20%
DISCOUNT

PAYMENT

Classes are paid for in advance on on a monthly basis.

Fees are added to your account around the 20th of each month to cover the cost of the following month. For example on May 20th your June fees will appear in your account

Log in to the parent portal and pay by card on or before the 28th of each month

Save your payment card in the portal and authorise recurring billing so that payments are collected automatically. We will collect monthly payments on the 23rd of each month for the following month's classes.

Please note the amount may go up and down each month as we only charge you for the sessions scheduled. For example, December will only have a couple of sessions so the charge will be lower.

A 20% sibling discount will automatically be applied if you are enrolling a second child or more. If you join part way through a month, your first month will be prorated.

Sessions run all year round, including half terms and school holidays. Recreational level classes usually break for two weeks in summer holidays, two weeks at Christmas and Easter Sunday. There are no sessions on Bank Holidays.

You are only charged for the sessions that run in each calendar month meaning amounts may vary month to month. Enrollment can be dropped at any time giving you flexibility and no large termly bills.

SYNERGY ANNUAL MEMBERSHIP

£40
12 MONTHS

Participants must become Synergy Members to take part in the GfA, Pre School, Tumbling Tots, Tricking, Aerial for Kids and all squad classes. This will be added to your online account after your trial session and is renewable after 12 months.

BRITISH GYMNASTICS MEMBERSHIP

All participants must also hold valid British Gymnastics Membership as this includes insurance to take part. Your British Gymnastics Membership is included with your Synergy Annual Membership (£40). Without membership your child will not be allowed to take part in our classes even if the class has been paid for. Visit www.british-gymnastics.org/ for more info.
We will join or renew your membership automatically on receiving your payment for Synergy Annual Membership. You do not need to take out your own BG Membership.

Additional Benefits of BG Membership
Digital Membership pack from British Gymnastics
Discounts at several big brands via your BG portal
Full insurance cover for all activities

RECREATIONAL CLASS COSTS

Class	Location	Price Per Session	Sibling / Concession Price Per Session	Charged Monthly or Pay As You Go?
Adults	Brunswick Park	£11.50	£7	PAYG
Adults	Thomas Tallis	£12.50	£9	PAYG
Advanced GfA	Thomas Tallis	£11.50	£8.40	Monthly
Aerial Silks for Kids	Brunswick Park	£9.50	£7.60	Monthly
Aerial Silks for Adults	Brunswick Park	£17.50	£13.50	PAYG
GfA	Brunswick Park	£9.50	£7.60	Monthly
GfA	Camberwell Leisure Centre	£9.50	£7.60	Monthly
GfA	Charles Dickens	£9.50	£7.60	Monthly
GfA	Thomas Tallis	£11	£8.80	Monthly
Junior Tricking	Brunswick Park	£11	£8.80	Monthly
Pre School	Camberwell Leisure Centre	£9.50	£7.60	Monthly
Pre School	Thomas Tallis	£11	£8.80	Monthly
Tiny Gym	Camberwell Leisure Centre	£7	£4	PAYG
Tiny Gym	Thomas Tallis	£8	£4.50	PAYG
Tumbling Tots	Camberwell Leisure Centre	£9.50	£7.60	Monthly

SQUAD FEES

We work out squad fees using a sliding scale per hour. The more hours a gymnast trains, the less they pay per hour.

This helps alleviate big increases if a gymnast moves up a group.

Squad fees are flat-rated over 12 months and we take into account 4 weeks of no training.

These four weeks are usually taken during Christmas, Easter or the Summer Holidays but will differ from squad to squad depending on their competition dates.

Weekly Training Hours	Rate Per Hour
10 or more	£2.20
9 or more	£2.40
8 or more	£2.60
7 or more	£2.80
6 or more	£3
5 or more	£3.20
4 or more	£3.60
3 or more	£4

Squad	Training Hours Per Week	Cost Per Month	Calculator
WA Out of Age	9	£86.40	9 x £2.40 = £21.60 per week x 48 weeks = £1,036.80 divided into 12 monthly payments of £86.40
WA Development	9	£86.40	9 x £2.40 = £21.60 per week x 48 weeks = £1,036.80 divided into 12 monthly payments of £86.40
Tumbling Elite	8.5	£81.60	8 x £2.40 = £20.4 per week x 48 weeks = £979.20 divided into 12 monthly payments of £81.60
Tumbling Development	6.5	£78	6.5 x £3 = £19.50 per week x 48 weeks = £936 divided into 12 monthly payments of £78
Tumbling Pre-Development	6	£72	6 x £3 = £18 per week x 48 weeks = £864 divided into 12 monthly payments of £72
Team Gym Primary	6	£72	6 x £3 = £18 per week x 48 weeks = £864 divided into 12 monthly payments of £72
Team Gym Development	4	£57.60	4 x £3.60 = £14.40 per week x 48 weeks = £691.20 divided into 12 monthly payments of £57.60
Floor and Vault	4	£57.60	4 x £3.60 = £14.40 per week x 48 weeks = £691.20 divided into 12 monthly payments of £57.60

FAQ'S

What should my child wear?
Leotards are optional. Shorts or leggings plus a t-shirt is ideal. Class is done in bare feet. Baggy clothing should be avoided and long hair tied back. All jewelry must be removed including earrings.

Can I stay and watch? Parents should not enter the teaching area during classes (except for Pre School and Tiny Gym). But you can watch where possible from the waiting areas. Each venue has different layouts so viewing will differ. Please note that at Charles Dickens there is no indoor waiting area. Alternatively, you can drop off and return at the end of class

My child is ill, can I get a refund? Discounts are not given for illness as you are paying for your space within the class however if your child has a long-term injury or illness (over a month) please contact the office and we will consider any options that can be offered.

We are going on Holiday can I get a discount? We don't offer a holiday discounts as you are paying for your space within the class. Classes are paid for monthly and you are free to drop at anytime and restart at a later date. However we cannot hold a space if you choose to drop it.

How do I pay for the classes? We accept card payments from all major banks / cards. Simply login to your portal via the website or app and head to the payments page. Monthly fees are due by the 28th of each month. You can save your card in the portal and we will collect the fee on the 23rd of each month.

Can My child join the class late? If a gymnast misses the warm-up it will not be safe for them to join the session as injuries are far more likely to happen. Therefore, any gymnasts entering the gym after 10 minutes will not be permitted access to the class. (Sessions will not be refunded in this case).

How can my child be selected for a competitive squad? There is no set timetable for squad selection. Coaches will Recommend gymnasts to the Program Manager of each squad as and when they are ID'd during GfA sessions. To find out more please email Levent@synergygymnastics.co.uk

How do I move to a different GfA class or venue? The office will contact you if your child is of the age required to move up a class. You can also request a transfer via the online parent portal. You will be presented with a list of classes with spaces in.

How do I drop the class?
There is no minimum enrolment period so you can stop attending a class at any point without being charged for additional classes. Please contact the office to let us know that you are leaving, or drop the class via the online parent portal and we will then stop any upcoming payment requests. If you do not attend four sessions in a row or payment is not made on time, without contacting us, we will assume that you have left and will offer your space to someone on the waiting list.

I have a concern about something, who should I contact? In the first instance try to speak to the lead coach of the session. Alternatively, you can contact the Head Coach Karise via email at karise@synergygymnastics.co.uk.
If your concern is related to child protection or safeguarding please contact our Welfare Officer Louise via email at louise@synergygymnastics.co.uk. You can also email the wider safeguarding team at welfare@synergygymnastics.co.uk
This email is monitored by all of the Welfare Officers.

Competitive Gymnastics Disciplines

We offer three competitive disciplines at Synergy. Each discipline uses different apparatus and skill sets, though there are also many similarities shared.

Tumbling

Competing along a 25 metre sprung tumble track, tumbling is an explosive and spectacular discipline where gymnasts move from hands to feet several times in quick succession. If selected for tumbling, gymnasts can follow two possible pathways – NDP or FIG. The tumbling coaches will assess during December and January which pathway to follow for each tumbler for the following year.

NDP (National Development Plan) Tumblers compete set tumbles with the aim of competing at the NDP Finals. In order to reach the finals, they must first compete at the Regional qualifiers and two NDP Semi-Finals (spring time).

FIG Tumbling is full length tumbling with open difficulty for each pass. Tumblers must compete 8 skills of choice along the track which will typically include whip backs, flicks and big somersault ending skills. The harder the skills the higher the starting tariff. FIG Age groups are 9-10 years, 11-12 years, 13-14 years, 15-16 years, 17-18 years and Seniors. Each age group has a minimum score required which must be met at a qualifying competition in Spring Time to reach the British Championships. Consistently successful performers will have the opportunity to trial for national squad.

More About the Squad Groups

Team Gym

Team Gym isa relatively new discipline within British Gymnastics having originated in Scandinavia about twenty years ago which combines a team floor routine, tumbling and trampette. There are two options within team gym, Full Team or Micro Team.

Full Team (6-12 Gymnasts)

TeamGym competitions may consist of three categories: women, men and mixed teams. In each of the three categories a team may consist of between 6 to 12 gymnasts. TeamGym routines require effective teamwork, excellent technique and spectacular acrobatic elements. Training and competitions generate an excellent team spirit amongst gymnasts with routines providing great entertainment and spectacle for participants and spectators.

Floor

Teams perform an optional floor routine within a 14 x 20 metre non-sprung floor area. The routine is accompanied by instrumental music and emphasises strong and smooth teamwork and expressive presentation. All members of the Team must take part in the Floor routine.

Trampette

Teams perform a series of somersaults and twists from a trampette, with good streaming (consecutively and close to each other). Part of the trampette series is performed using a vaulting table.Again, the complete series is performed to music, with each team performing three different rounds. The streaming and complexity of the elements produces some very exciting performances. Only the top 6 gymnasts will stream each round.

Tumble Track

Teams perform a tumbling series on a 14-metre tumbling track with good streaming. This produces a very dynamic and entertaining performance. The series is performed to music. Each team performs three different rounds and each tumbling series must consist of at least three different acrobatic elements, without intermediate steps. Again, Only the top 6 gymnasts will stream each round.

Micro Team (3-5 Gymnasts)

Micro TeamGym competitions may consist of three categories: women, men and mixed teams. In each of the three categories a team may consist of between 3 to 5 gymnasts. Micro TeamGym routines combine Trampette and Tumble ONLY. Only the top 3 will stream on each piece. For both Full & Micro Teams, Primary Team Gym squads generally work towards the Southern Tournament and Hawth Open each year as this age group are not eligible to qualify for the British Championships. Youth and above Team Gym squads work towards the Southern Qualifiers and the British Championships every year.

Development 7-9 Years	**Primary 9 - 11 Years**	**Youth 9 - 11 Years**	**Junior 10 - 14 Years**	**Senior 16+ Years**

More About Gymnastics Disciplines

Womens Artistic

Popularised in the 70's by elfin-like stars such as Olga Korbut and Nadia Comaneci, Women's Artistic Gymnastics remains one of biggest crowd pleasers and most watched sports at the Olympic games. It's fascination and popularity amongst girls of all ages lies in its ability to provide constant challenge and teach body control, coordination, amplitude and courage. Women's Artistic Gymnastics is the sport of choice for girls who love turning their world upside down, in more ways than one:

Vault (VT)

Following apparatus innovation in early 2001, the vaulting horse has now been replaced with a wider vaulting table. It provides the perfect platform from which to launch sky high, before returning to earth with a controlled landing. Gymnasts approach the vault from a 25metre run, transfer their speed to the springboard and seek a quick hand placement to the table. From here the gymnast uses internal spring to launch themselves vertically for a combination of somersaults and twists. A good vault should land at least 2metres from the table and include no steps on landing.

Uneven Bars (UB)

Like the men's parallel bars the Uneven Bars provide double the challenge for gymnasts. The low bar is set around 170cm in height and the high bar often around 250cm. The distance between the two bars is set at a maximum of 180cm.Swinging and continuous movements are required on this apparatus. Routines typically include movements in both directions as well as above and below the bars. Elements with twists and somersaults with multiple grip changes and high flight often are awarded with the highest scores. Like men's horizontal bar, the wind up and dismount is often the most exciting part of the routine.

Balance Beam (BB)

Perhaps the most precarious piece of apparatus for girls, the beam stands 1.25metres from the floor, is five metres long and if that was not posing enough of a challenge, is only 10cm wide. That is the width of your average house brick! A beam routine is an exercise in precision with no room for error. The gymnast performs a combination of acrobatic elements, leaps, jumps, turns, steps, waves and balance elements. These can be done standing, sitting or lying on the beam. It is a requirement that the gymnast uses the entire length of the beam, with routines concluding often with a series of acrobatic elements off the side or end of the beam.

Floor Exercise (FX)

The floor exercise allows the gymnast their moment in the spotlight and is considered by many to be the most expressive piece of women's apparatus. A floor routine, always accompanied by music, includes a combination of dance movements and sequences interspersed with a variety of tumbling and acrobatic elements. The whole floor area must be used in the routine with clear variances in mood, tempo and direction. Individuality, originality, and artistry of presentation are the key ingredients of a great routine.

Competitions

Our women's Artistic Squad currently work towards twin piece competitions and grades at Regional and National Level.

Contact Us

Office: 0203 978 1430 (Monday to Thursday 0900 - 1200)
info@synergygymnastics.co.uk (We aim to respond within 24 hours Monday to Friday)

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Brunswick Park Primary School, Picton Street, Camberwell, SE5 7QH

Camberwell Leisure Centre, Artichoke Place, SE5 8TS

Charles Dickens Primary School, Toulmin Street, Borough, SE1 1AF

Thomas Tallis School, 154 Kidbrooke Park Road, SE3 9PX

Brunswick Park

Thomas Tallis

Camberwell Leisure Centre

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