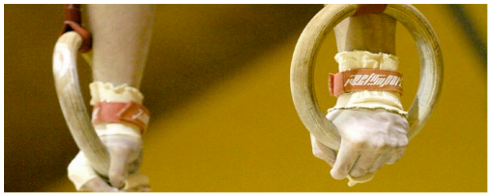
Why Gymnastics?

Gymnastics is a fantastic step towards a healthy lifestyle. Gymnastics is one of the most comprehensive lifestyle exercise programmes available to children incorporating coordination, balance, flexibility, strength, power and discipline.



Douglas Gymnastics Club teaches the Disciplines of Womens and Mens Artistic gymnastics, or more commonly known as Olympic gymnastics. Our girls perform on 4 apparatus – Vault, Asymmetric Bars, Balance Beam, and Floor Exercise, while our boys train on Floor Exercise, Pommel Horse, Rings, Vault, Parallel Bars, and Horizontal Bar. We also use lots of training aids and co-ordination drills such as trampolines and mini apparatus.

Gymnastics benefits all athletes and every child regardless of talent and ability!

Development Plans

We are in advanced planning stages in our goal to develop our own gymnastics facility. When built, it will be the first custom built gymnastics centre in the Republic of Ireland.

We are actively fundraising for this new venture to ensure that we can provide the modern, safe, and technical environment

that will allow us to maintain and improve the standards of our gymnasts, and continue to provide excellent opportunities to the wider community, as well as additional services that a dedicated facility would be able to offer such as pre-school gymnastics, and school gymnastics.

Douglas Gymnastics Club

Douglas, Cork
http://www.douglasgym.com

DOUGLAS GYMNASTICS CLUB

Douglas Gymnastics Club Cork, Ireland

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 have over 300 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. We currently train 20 hours per week across three different venues. 16 hours of this is in Douglas Community School.

Our record nationals 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.

Club Membership

We currently have vacancies 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, or visit our website: http://www.douglasgym.com

A part of the Community

Douglas Gymnastics Club is a community club, run by a voluntary parents committee. Our goal is to help every child achieve their potential, at whatever level of gymnastics they wish to partake in.

We encourage all our members as they get older to further their lifelong development in the sport, offering coaching and judging courses and various clinics, ensuring they are developing their knowledge and responsibility both inside and outside of the gym.

We also see ourselves as an elite level Women's and Men's Artistic Club, but are very proud of our recreational and beginner groups. We pay a large emphasis on the social development of each child, regularly organising extra-curricular activities, taking part and hosting friendly competitions, and attending training camps.

We have a very good relationship with the other gymnastics clubs in Cork, and throughout Ireland. We also are actively involved in the Special Olympics movement, including hosting many events, committing volunteers, and assisting with training sessions. Other groups we assist regularly with include St Vincent de Paul, and the Telethon.

The club is run by a voluntary committee of 12 parents, who do all the work behind the scenes that keeps the club running. The committee is re-elected every year at our AGM, where parents of all our gymnasts are invited to attend, and eligible to stand for office. The club is set up as a limited company, as well as having charitable status for donations to approved capital projects. We are full members of Irish Gymnastics, and it's constituent sections.