

# Application Form



Child's Name: .....

Address: .....

.....

Date of Birth: .....

Email: .....

Contact No: .....

Home: .....

Mobile: .....

Medical

Details/Allergies .....

.....

Photography Permission Y  N

Please Tick Camp Date:

Easter 1 ( 30th March – 1st Apr)

Easter 2 (7th Apr – 9th Apr)

Summer 1 (6th July – 8th July)

Summer 2( 13th July – 15th July)

Summer 3 (20th July – 22nd July)

Summer 4 (27th July – 29th July)

Summer 5 (10th Aug -12th Aug)

Summer 6 (17th Aug – 19th Aug)

Please return with full payment of €50

Douglas Gymnastics Club,  
Unit 18 Southside Industrial Estate,  
Pouladuff, Cork.

Spaces are limited.  
Booking will be confirmed by text.

Any additional queries, please  
phone Rachel at 087 - 919 8095

or

email: [members@douglasgym.com](mailto:members@douglasgym.com)

[www.douglasgym.com](http://www.douglasgym.com)

 /douglasgymnastics  @douglasgymclub



## EASTER CAMPS

Mon 30th March – Wed 1st April

Tues 7th Apr – Thurs 9th April

## SUMMER CAMPS

Mon 6th July – Wed 8th July

Mon 13th July – Wed 15th July

Mon 20th July – Wed 22nd July

Mon 27th July – Wed 29th July

Mon 10th Aug – Wed 12th Aug

Mon 17th Aug – Wed 19th Aug

Time: 10am – 12.30pm each day

Cost: €50 per camp

Spaces are limited.

Camps are suitable for those born in 2010  
(turn 5 this year) or older & participants will be  
grouped according to their age.

Each child should bring a small packed lunch  
and wear suitable clothing for gymnastics.  
(No jeans or loose clothing.)

Members and Non-Members Welcome!



Please note that our Summer Camps will take place in our  
New Forge Hill Venue located:  
Unit 18 Southside Industrial Estate, Pouladuff, Cork.  
(bottom of Forge Hill in same industrial estate as EZ Living Furniture)  
You can see a map, and find out more about our club by visiting us at

 [www.douglasgym.com](http://www.douglasgym.com) 



## GYMNASTICS EASTER & SUMMER CAMPS 2015

# 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. Until early 2014 we trained in Douglas Community School. But since February 2014 we have moved to a unit in Forge Hill. This unit has been specifically adapted to become a dedicated gymnastics 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 1000 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.

## 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: [www.douglasgym.com](http://www.douglasgym.com)



## 2015 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!**



## 2015 Camp Activities

- **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.