

Application Form

Childs Name:

Address:

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Date of Birth:

Email:

Contact No:

Home:

Mobile:

Medical
Details/Allergies

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Please Tick Camp Date:

Summer 1 (14th -16th Jul)

Summer 2 (21st - 23rd Jul)

Summer 3 (28th -30th Aug)

Summer 4 (11th -13th Aug)

Summer 5 (18th -20th Aug)

Please return completed forms together
with full payment of €45

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

Spaces are limited.
Booking will be confirmed by text.



Douglas Gymnastics Club

SUMMER CAMPS

Mon 14th July – Wed 16th July

Mon 21st July – Wed 23rd July

Mon 28th July – Wed 30th July

Mon 11th August – Wed 13th August

Mon 18th August – Wed 20th August

Time: 10am – 12.30pm each day

Cost: €45 per camp

Spaces are limited.

Camps are suitable for those born in 2009
(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!



GYMNASTICS SUMMER CAMPS 2014

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

or

email: members@douglasgym.com

www.douglasgym.com

 /douglasgymnastics  @douglasgymclub



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 

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 875 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, or visit our website: www.douglasgym.com



2014 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!



2014 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.