

Bringing Gymnastics and Soft Play to your community!

# Beaming Stars Gymnastics



## Who we are

Combining experience spanning 20+ years, Beaming Stars are a dedicated team of experts with one major focus - to help your school develop and reach their full gymnastics potential whilst having lots and lots of fun!

Beaming Stars believes all children should have the opportunity to belong to an affiliated gymnastics club but without the pressure a regular Gym club can bring - whilst BS encourages and develops each child, we believe each child should be treated as an individual and developed to their full potential.

Since the club began in 2011, we have worked hard to create the perfect Gymnastics experience for each and every child from babies to teenagers, taking the time to focus on each child as an individual with their own individual set of skills and goals.

Beaming Stars strives to be different from other gymnastics clubs in that we believe **every** child matters and should have the opportunity to belong to an affiliated gymnastics club but without the pressure of a competitive environment. With over 30 school clubs across London and Kent, Beaming Stars work hard to ensure the children get the most out of the sport, whether it's at recreational or competitive level whilst maintaining the fun and enthusiasm that is essential to progress.



## Portfolio

- Beaming Stars provide services across West Kent, Bexley, Lambeth, Lewisham & Wandsworth boroughs
- We provide daytime resource to schools including high quality P.E. sessions following the Beaming Stars Ready Steady Action development scheme
- Continued Professional Development for staff, available in seminar days and 'on the job' training
- Beaming Stars organise the Lewisham School Games for the London Youth Games
- 30+ Gymnastics clubs operating in schools
- Beaming Stars also work closely with local Children's Centres to provide Soft Play and pre-school Gymnastics provision
- All our coaches are British Gymnastics qualified and DBS checked
- Beaming Stars provides regular weekly Soft Play Sessions
- Regular weekly pre-school Gymnastics sessions support from a local BG Development officer.  
Beaming Stars are a Partner School and have access to support from a local BG Development Officer.



## Services available

### Daytime P.E. Lessons (Ages 4-11)

Physical activity stimulates growth and leads to improved physical and emotional health. Beaming Stars base our whole philosophy on 'Every child matters'. With over 40 years' experience of teaching gymnastics in schools, Beaming Stars are able to offer gymnastics to children of all school ages, designing lessons with our unique Ready Steady Action development scheme according to age and capabilities.

- *For the EYFS, sessions will be themed based so the children will develop physically as well as enhancing their emotional, social and personal development.*
- *Key stage 1 and 2 children will be taught the fundamentals of gymnastics to encourage their co-ordination, flexibility, stamina and team work.*
- *For our School sessions, Beaming Stars have devised a unique scheme from Reception to Year 6 which incorporates co-ordination, balance, exercise and movement elements where each child is tracked through their development to ensure they reach their full potential.*

### After School Clubs (Ages 4-11)

Beaming Stars offers a unique Gymnastics club experience enabling children to enjoy the benefits of getting fit whilst belonging to an affiliated gymnastics club but without the pressure of a competitive environment. Beaming Stars provides:

- Unique non-competitive approach to gymnastics
- British Gymnastics qualified coaches
- Fully operational Gymnastics club in the comfort of your child's school
- Breakfast club slots available
- Motivational and safe environment for your child
- Professional gymnastics programme followed
- Certificates and badges for all children through the British Gymnastics Association
- **Free** places offered with every gymnastics course

Participating in sports can have a healthy developmental impact on young children, promoting cooperative play, teamwork and good sportsmanship while helping to refine gross motor skills. Physical activity stimulates growth and leads to improved physical and emotional health. Beaming Stars base our whole philosophy on 'Every child matters'.



## About the Founders

Coming from a Gymnastics background and going through the motions of competing at national level and coaching for many years, it was plain to see that many talented gymnasts become 'burnt out' from the time and pressure they can endure at competitive club level gymnastics so our aim was to build a healthy, productive environment to allow young, talented gymnasts to stay that way and to be able to properly participate, stay and later excel in the sport if that's the path they choose. With over 20 years' experience of teaching gymnastics in schools and clubs. Beaming Stars aims to provide a complete gymnastics programme for children at each stage of their development. From attending soft play sessions as a baby to progressing to our Pre-School gymnastics classes and finally graduating to one of our Beaming Stars school clubs, Beaming Stars provides the right environment for your child to flourish whilst doing a sport they love.

Beaming Stars believes in the mantra that every child matters and we work hard to ensure the children get the most out of the sport whilst maintaining the fun and enthusiasm that is essential to progress.

"Having successfully set up a couple of school clubs, we noticed a real demand for Nursery and School gymnastics. With limited options available to children throughout the early year's stages, we decided to expand our offering to include a full gymnastics experience for children by setting up our Pre-School programme and Ready Steady Action Scheme for primary school age children. Not wanting to leave our even younger members out, we introduced our soft play sessions where babies and toddlers can come and have fun whilst getting used to and preparing for their next Gymnastics step. The secret to our success is that we love what we do. We are working hard to create the ultimate Gymnastics experience for your child so that they may experience Gymnastics throughout their whole childhood with a fun, encouraging Gymnastics club. We would like to take this opportunity to extend a warm welcome to all our newcomers. We hope you all enjoy Gymnastics as much as we do!"

We hope you found this information about Beaming Stars helpful and would benefit from our experience; we look forward to speaking to you shortly.

Kate & Kelly x

### **Contact us at:**

Beaming Stars Gymnastics Club

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07984 177054

Facebook: Beaming Stars

Beaming Stars is a limited company and affiliated to the British Gymnastics Association. All of our coaches are DBS checked. References available on request.

Beaming Stars is a registered company NO: 07721903



