



NMO SPORTS



NMO SPORTS



The Stoke Poges School

Set yourself up for the day with our morning Gymnastics Classes!
Open to both boys and girls

Reception to Year 6

Beginners to Advanced Welcome!

**Application Form
APRIL TO JULY 2026**



**Tuesday's
8.00-8.45am**

April 21st, 28th

May 5th, 12th, 19th

June 2nd, 9th, 16th, 23rd, 30th

**10 weeks @ £5.50 per class =
£55**

**Thursday's
8.00-8.45am**

April 23rd, 30th

May 7th, 14th, 21st

June 4th, 11th, 18th, 25th

July 2nd

**10 weeks @ £5.50 per class =
£55**

Looking for a fun, exciting, and professional way to keep your child active? Our gymnastics classes are the perfect place for children to build strength, flexibility, balance, and coordination, all while challenging their creativity and making new friends in a safe, structured environment.

Our classes are led by Nicola Owen-Cavaliere, a former GB international Gymnast and IAIGC World Champion. With over 25 years Gymnastics experience, and 20 years in the coaching field, Nicola has taught in many local schools and clubs, from recreational Gymnastics through to International competitive level.

Fully qualified with a British Gymnastics Level 3 Coaching certificate in Artistic Gymnastics, Level 1 in Pre-School Gymnastics, first aid training, and safeguarding credentials, Nicola brings expertise, enthusiasm, and a passion for helping young gymnasts thrive.

That's not all- as part of the Coach Education Programme and our commitment to excellence, Nicola mentors newly qualified coaches, many of whom are ex international gymnasts themselves!

At Stoke Poges, you'll also meet our talented coaching team- Caitlynn and Nicole. Both bring international competitive-level gymnastics expertise and hold the appropriate qualifications to assist or lead lessons, ensuring every child receives top-tier guidance.

To celebrate progress and achievements, we participate in the Proficiency Badge Awards scheme and host fun end-of-year competitions to reward the children's dedication and hard work.

Come and be part of our gymnastics club – where every leap, flip, and smile counts!

Child's Name.....Year Group.....

Please tick which class you would like your child to attend:

- Tuesday- £55
- Thursday-£55
- Both classes- £100

Does your child have any medical conditions or special requirements you think Nicola may need to be aware of? Please include previous injuries- broken bones etc.

.....
.....

Please provide **TWO** contact names and numbers for your child

Name.....Tel.....

Email Address.....

Name.....Tel.....

Email Address.....

I confirm that I give permission for my child to participate in Gymnastics Classes and enclose both the full payment and completed application form.

Print Name.....Sign.....

YOUR CHILD WILL NEED TO WEAR APPROPRIATE SPORTS CLOTHING SO MOVEMENT IS NOT RESTRICTED- SHORTS AND T-SHIRT/ PE KIT / LEGGINGS OR TRACKSUIT BOTTOMS.

A WATER BOTTLE IS ADVISED.

**All applications to be EMAILED to
nicola.owen91@live.co.uk**

