



U-PT

UNITY POWER TUMBLING

www.unityallstars.com



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[@unity_power tumbling](https://www.instagram.com/unity_power tumbling)

WELCOME!

Unity Power Tumbling is a British Gymnastics registered Power Tumbling programme. We offer pathways for recreational gymnasts (beginners with no experience), gymnasts who wish to compete Regionally and Nationally (NDP levels) and for those who potentially have the skills to eventually compete with high performance BG gymnasts (FIG levels).

Our staff are all British Gymnastics qualified and our facility is custom designed to suit the needs of our gymnasts. Unity is a close knit tumble programme and our staff are invested in not just building great gymnasts, but also in shaping well rounded people. Our sport demands that athletes learn lifelong skills such as teamwork, dedication, punctuality and integrity. To date our gymnasts have medalled at numerous Regional events and represented our club at National level.



The U-PT is based at the UH-Q, which we share with our sister cheerleading programme Unity Allstars. The U-HQ is based inside the David Weir leisure centre in Carshalton, Surrey (5 minutes from Morden Tube station). Although both programmes run separately, we have many joint opportunities throughout the year such as skills clinics and holiday programmes open to both gymnasts and cheerleaders alike.

Our programme is open by invitation only but we have space for all new members. To arrange an invitation please email dave@unityallstars.com.

Follow us on Instagram

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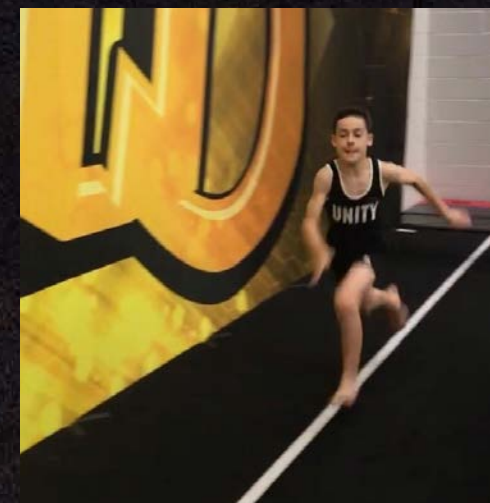
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BEGINNERS POWER TUMBLING

U-PT offers a beginners/development tumble class on Sunday mornings from 9.30am-11.30am.

This 2 hour class is for children aged 4 to 12 years who want to start learning the foundation skills for great tumbling. The class is fully structured and our staff take the steps to ensure that each gymnast is engaged and focused throughout the session.



CONTACT US

For more information, on inductions, tasters or general enquires please email dave@unityallstars.com



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SQUAD TUMBLING

If you have existing tumbling skills or experience you may have the potential to join one of our tumble squads. Our squads range from ages 5 to adult and cover all NDP levels and entry FIG levels. We train at different times throughout the week dependent on the gymnasts ability.

To be part of a squad gymnasts must be passionate about learning and be eager to compete at a Regional level. If successful, some gymnasts will also go on to compete on the National circuit.

If you think our power tumble squads are for you email us to arrange a taster, our email address is below. Our provisional new season start date for squads is Monday 6th September. Assessments for returning members will take place in August.

TRAINING DAYS AND TIMES

Mondays	4:15pm- 6:15pm
Tuesday and Wednesdays	CLOSED
Thursdays	4:00pm-9:00pm
Saturdays	8:00am-10:00am
Sundays	9:30am – 4:00pm

TRAINING WEAR

After consultation with the gymnasts and parents, we have decided to introduce a new practice leotard this season. The new leotard will not be velour as requested by the gymnasts, and is included in the membership fee along with a new scrunchie and shorts. The old leotard can still be worn to practice.

As we return to competing this season we want to do so with a new updated and professional look. Below are the visuals for a competition leotard and tracksuit. Both items are not a compulsory purchase. We do strongly recommend if you are wanting to compete you do buy the competition leotard.



This seasons training and competition leotards.

Tracksuit
- Jacket: £60
- Trousers: £30
- The set: £85



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COMPETITION SCHEDULE (SQUAD ONLY)

Our tentative competition schedule* for SEPTEMBER 2021 to JULY 2022 is as follows.

COMPETITION	LOCATION	MONTH	£
Mike Walker Open	South West	October	£30
Winter Regional	South East	December	£30
Bourne	South East	February	£30
Spring Series 1	Midlands	April	£60
Spring Series 2	Midlands	May	£60
NDP Individual finals	Midlands	June	£60
British Championships	Midlands	July	£60

Competitions are NOT compulsory and the costs shown are estimates and subject to confirmation from British Gymnastics. Payments for these will be taken directly in the gym via debit or credit card.

*The exact dates will be confirmed when the event dates are confirmed.



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COSTS

BEGINNERS

Beginner classes cost £17 per session and are payable monthly by direct debit.

You must sign your child up in advance by emailing dave@unityallstars.com

SQUAD

Squad Tumble costs depend on the number of hours of training. You will be billed monthly by direct debit for squad tuition. Our year consists of 38 training weeks. The cost of the year is spread across 11 direct debits.

2 hours a week - £56 p/mth

3 hours a week - £83 p/mth

4 hours a week - £104 p/mth

5 hours a week - £130 p/mth

6 hours a week - £145 p/mth

7 to unlimited hours a week - £170p/mth

INSURANCE

All gymnasts will need to purchase insurance annually from British Gymnastics at a cost of approximately £20-£50 dependent on gymnasts level.

MEMBERSHIP

Gymnasts will also need to pay an annual U-PT membership fee which covers club liability insurance, club leotard and training shorts at cost of £89.

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