

Coach Education and Support



Gymnastic Britannia Ltd
Membership, Courses, Competitions, Insurance
www.gymnasticbritannia.org

COURSE AND PRICE LIST 2024

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Date: 01 March 2024

Course and Price List 2024

Age Groups: specify course minimum age requirements.

Over and Under 18's may complete the same courses whilst over 18 years can then run sessions under 18's can assist until turning 18.

Revalidation: All qualifications have a 3-year validation. Participants after 3 years require a refresher course (some are available online; some in person).

Prices: All Prices are plus VAT quoted in pound sterling. Please email for prices for closed courses with more than one step.

Weekend: Closed Courses held Sat / Sun require an £206 +VAT per day additional fee.

Closed Courses: courses specifically for an Organisation / college / school. Course prices are shown alongside the maximum course participants. Where variable prices are shown,

Steps: some courses run sequentially. These steps are indicated in the tables by colour.

Please note: prices and information are correct at time of publishing, we and our partners reserve the right to change or correct these at any time without prior notification. Some open courses run by /via external providers may have variations upon prices.



www.gymnasticbritannia.org info@gymnasticbritannia.org	11-12yrs Leadership (Launch May 2024) 13yrs+ Proficiency Assessor Part 1 14yrs+ Proficiency Assessor Part 2 15yrs+ Step 1 Coaching 16yrs+ Step 2 Coaching 17yrs+ Step 3 Coaching
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Two of the most common challenges gymnastic and trampoline club owners will tell you they face are:

- 1) Recruiting coaches.
- 2) Keeping older members motivated and retaining them as they get older

Gymnastic Britannia, in association with ReboundTherapy.org has developed the 'Grow Your Own coaches™' programme to offer a solution to these challenges.

We have introduced a pathway of courses that gymnasts and prospective coaches can start taking from the age of 11.

By encouraging your teenage members to enrol on the courses in this pathway, you can keep them motivated, retain them as members as they get older, and help them develop into your coaches for the future.

As they work through the pathway, you give them the opportunity to gain recognised coaching certificates and to use their skills to help out in classes other than their own; maybe with the incentive of a small payment which would rise with each course taken.

This offers them a structured pathway to becoming a fully qualified, paid coach at the age of 18, and a valuable member of your club's team

Leadership:

The ideal start for encouraging some of the younger participants to start helping with some club tasks, plus starting to receive some mentoring from the club all with the added benefit of doing some basic leadership courses virtually to start their leadership journey. **(Prices plus VAT)**

Course Title: Leadership

Method: Online

Course Hours: Various

Age Group: 11-12 years

Cost:

GB Members £08 Non-Members: £38

Proficiency Assessor Part 1:

This enables 13yrs+ to teach and pass proficiency awards (under direct supervision) and is ideal start to the coaching career. This Covers the awards schemes and enables the candidates (under direct supervision) to pass the designated awards for the students, **(Prices Plus VAT)**

Course Title	Age Groups	Hours	Online Course Price	Closed course Price	Max number Closed course
Gymnastics Development Scheme Assessor Part 1	13yrs+	7hrs	£133.00	£1475.00	16
Trampolining Development Scheme Assessor Part 1	13yrs+	7hrs	£133.00	£1475.00	16
Pre-School Gymnastics Development Scheme Assessor Part 1	13yrs+	7hrs	£133.00	£1475.00	16
DMT Development Scheme Assessor Part 1 (Coming June 2024)	13yrs+	7hrs	£133.00	£1475.00	16
Free-Style Gym Development Scheme Assessor Part 1 (Coming 24)	13yrs+	7hrs	£133.00	£1475.00	16
Cheerleading Development Scheme Assessor Part 1 (Coming Sept 2024)	13yrs+	7hrs	£133.00	£1475.00	16

Proficiency Assessor Part 2:

This enables 14yrs+ to teach and pass proficiency awards (under direct supervision) this is a follow on from Part 1. This Covers the awards schemes and enables the candidates (under direct supervision) to pass the designated awards for the students, **(Prices Plus VAT)**

Course Title	Age Groups	Hours	Online Course Price	Closed course Price	Max number Closed course
Gymnastics Development Scheme Assessor Part 2	14yrs+	7hrs	£133.00	£1475.00	16
Trampolining Development Scheme Assessor Part 2	14yrs+	7hrs	£133.00	£1475.00	16

Step 1: Assistant

This enables 15yrs+ Gives candidates the full 2 day course and enables them to assistant (under direct supervision). This Covers all the skills described in the syllabus (**Page 7**). With these courses if someone is over 18 years they are able to be in charge of a session.

(Prices Plus VAT)

Course Title	Age Groups	Hours	Online Course Price	Open Course Price	Closed course Price	Max number Closed course
Rebound Therapy (Trampoline) Inc Additional Needs	15yrs+	12hrs	£294.00	£294.00	£2931.00	16
Foundation Gymnastics	15yrs+	12hrs	£294.00	£294.00	£2931.00	16
Pre-school Gymnastics	15yrs+	12hrs	£294.00	£294.00	£2931.00	16
Double Mini Trampoline	15yrs+	12hrs	£294.00	£294.00	£2931.00	16
Free-Style Gymnastics	15yrs+	7hrs	£160.00	£162.00	£1475.00	16
Cheerleading	15yrs+	7hrs	£160.00	£162.00	£1475.00	16
Disability Gymnastics	15yrs+	12hrs	£160.00	£162.00	£2931.00	16

Step 2: Assistant

This enables 16yrs+ Gives candidates the full 2 day course and enables them to assistant (under direct supervision). This Covers all the skills described in the syllabus (**Page 7**). With these courses if someone is over 18 years they are able to be in charge of a session.

(Prices Plus VAT)

Course Title	Age Groups	Hours	Online Course Price	Open Course Price	Closed course Price	Max number Closed course
Rebound Plus (Trampoline)	16yrs+	12hrs	N/A	£354.00	£2931.00	12
Recreational Gymnastics	16yrs+	14hrs	N/A	£360.00	£2999.00	12
Double Mini Trampoline	16yrs+	12hrs	N/A	£354.00	£2931.00	12
Free-Style Gymnastics	16yrs+	7hrs	N/A	£169.00	£1500.00	16
Cheerleading	16yrs+	7hrs	N/A	£169.00	£1500.00	16

Step 3: Assistant

This enables 17yrs+ Gives candidates the full 2 day course and enables them to assistant (under direct supervision). This Covers all the skills described in the syllabus (**Page 7**). With these courses if someone is over 18 years they are able to be in charge of a session.

(Prices Plus VAT)

Course Title	Age Groups	Hours	Online Course Price	Open Course Price	Closed course Price	Max number Closed course
ASUK Coach (Trampoline)	17yrs+	12hrs	N/A	£354.00	£2999.00	12
Further Recreational Gymnastics	17yrs+	14hrs	N/A	£360.00	£3099.00	12



What is GymQuest?

GymQuest is a quality assurance accreditation for providers of gymnastic or trampolining classes and Rebound Therapy sessions.

The service is commissioned by Gymnastic Britannia and administrated by Rebound Therapy International.

GymQuest enables providers to show that they have complied with a set of criteria designed to ensure best practice.

A club or provider with GymQuest accreditation is likely to inspire more confidence in members and parents than one without a quality assurance accreditation.

For Information Visit: [Gymnastics Inclusion \(UK\) - GymQuest Quality Assurance accreditation page \(winstrada.com\)](http://www.gymnasticsinclusion.co.uk/gymquest-quality-assurance-accreditation-page)

SIMPLE AS



THE THREE STEP PATHWAY TO BECOMING A RECREATIONAL COACH

Step 1: Coach

This is the first stage of the 3 step pathway, because these courses are universal the assistant and coach levels are the same, so 15yrs+ and 18yrs+ can attend the same course the only difference is once completed 18yrs+ are able to supervise a session **(Prices Plus VAT)**

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Rebound Therapy (Trampoline) Inc Additional Needs	15yrs+	12hrs	£294.00	£294.00	£2931.00	16
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Cheerleading	15yrs+	7hrs	£162.00	£162.00	£1475.00	16
Disability Gymnastics	15yrs+	12hrs	£162.00	£162.00	£2931.00	16

Step 2: Coach

Step 2 is the second stage, the pre-requisite for this course is Step 1, (for those already qualified with another body see our porting and upgrade (see **page 12**) for details.

Min age 16yrs(assistant), 18yrs+ are able to supervise a session **(Prices Plus VAT)**

Course Title	Age Groups	Hours	Online Course Price	Open Course Price	Closed course Price	Max number Closed course
Rebound Plus (Trampoline)	16yrs+	12hrs	N/A	£354.00	£2931.00	12
Recreational Gymnastics	16yrs+	14hrs	N/A	£360.00	£2999.00	12
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Cheerleading	16yrs+	7hrs	N/A	£169.00	£1500.00	16

Step 3: Coach

This enables 17yrs+ Gives candidates the full 2 day course and enables them to assistant (under direct supervision). This Covers everything within the syllabus (see **page 7**)

With these courses if someone is over 18 years they are able to be in charge of a session.

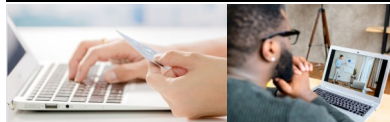
Course Title	Age Groups	Hours	Online Course Price	Open Course Price	Closed course Price	Max number Closed course
ASUK Coach (Trampoline)	17yrs+	12hrs	N/A	£354.00	£2999.00	12
Further Recreational Gymnastics	17yrs+	14hrs	N/A	£360.00	£3099.00	12



Add On / Special Interest



Course Title	Age Groups	Hours	Online Course Price	Open Course Price	Closed course Price	Max number Closed course
Rebound Therapy Refresher Every 3 years update course	18yrs+	6hrs	£225.00	£162.00	£1472.00	16
Rebound Plus Refresher Every 3 years update Course	18yrs+	6hrs	£225.00	£162.00	£1472.00	12
Flexi-Bounce	15yrs+	6hrs	£225.00	£162.00	£1472.00	16
SensaFloat Course	15yrs+	Online	£133.00	N/A	N/A	N/A
Brain Stimulation	15yrs+	Online	£133.00	N/A	N/A	N/A
Trampoline Handling Course	15yrs+	3hrs	N/A	£TBC	£727	16
Rebound Therapy Validation	15yrs+	6hrs	£225.00	£162.00	£1472.00	16



Online Course Links



Grow Your Own Coaches (Trampoline)	Grow Your Own Coaches (Gymnastics)
Leadership (Coming Soon)	Leadership (Coming Soon)
Trampolining Development Scheme Assessor Part 1	Gymnastics Development Scheme Assessor Part 1
Trampolining Development Scheme Assessor Part 2	Gymnastics Development Scheme Assessor Part 2
Trampoline Assistant Step 1	Gymnastic Assistant Step 1
Grow Your Own Coaches (DMT):	Grow Your Own Coaches (Pre-school):
DMT Development Scheme Assessor Part 1 (Coming Soon)	Pre-school Development Scheme Assessor Part 1 (Coming Soon)
DMT Assistant Step 1 (Coming Soon)	Pre-school Assistant Step 1
Courses:	Refresher Courses:
Rebound Therapy Trampoline (Step 1)	Rebound Therapy Refresher
Flexi- Bounce	Rebound Plus Refresher
Brain Stimulation	Validation Course / Other Courses
Sensa-Float	Rebound Therapy Validation
Foundation Gymnastics (Step 1)	Pre-school Gymnastic (Step 1)
DMT (Step 1) (Coming Soon)	Adult & Toddler Gym (Coming Soon)
Freestyle Gym (Step 1) (Coming Soon)	Baby Gymnastics (Coming Soon)

SYLLABUS FOR OUR COURSES

THE THREE STEP PATHWAY TO BECOMING A RECREATIONAL COACH



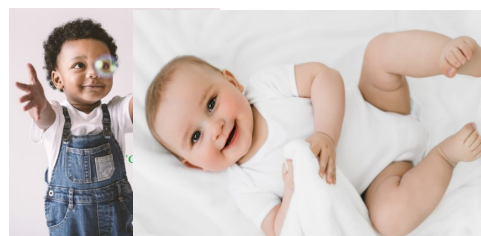
Trampolining and DMT



Course Title	Content
Leadership (Trampoline)	TBC
Proficiency Assessor Part 1	Winstrada Award Scheme Trampoline Proficiency Awards 1-3
Proficiency Assessor Part 2	Winstrada Award Scheme Trampoline Proficiency Awards 4-6
Trampoline:- Rebound Therapy (Step 1) Assistant & Coach	Winstrada Award Scheme Trampoline Proficiency Awards 1-3 Health & Safety, Disabilities, Equipment Setup and Derig
Trampoline:- Rebound Plus (Step 2) Assistant & Coach	Winstrada Award Scheme Trampoline Proficiency Awards 4-6 Health and Safety
Trampoline:- ASUK Coach (Step 3) Assistant & Coach	Winstrada Award Scheme Trampoline Proficiency Awards 7-10 Health and Safety
Trampoline—Add On Module A1	Winstrada Award Scheme Trampoline Proficiency Award A1
Trampoline—Add On Module A2	Winstrada Award Scheme Trampoline Proficiency Award A2
Trampoline—Add On Module A3	Winstrada Award Scheme Trampoline Proficiency Award A3
DMT Proficiency Assessor	Covers DMT Proficiency Scheme (Launching June 24)
DMT (Step 1)	Setup and Derig of DMT, Running progressions, Hurdle Progressions, Combination of Run and Hurdle, Different shapes inc Tuck, Pike and Piked Straddle (Spotting and Dismounting), Twisting including half twist and full twist (Spotting and dismounting), Disabilities, 3/4 Front Somersault onto Landing Modules (Dismount), warm ups and cool downs. Creating a basic pass for competitions by linking moves.
DMT (Step 2) (Launching July 24)	Forward Somersault (Tucked, Piked), Backwards Somersault (Tucked and Piked), Front Somersault with Half Twist, Back somersault with Half Twist, Creating a pass for competitions by linking moves. 1.5 twists (dismount), floor preparation skills



Pre-School Syllabus



Course Title	Content	
Leadership (Pre-school)	TBC	
Proficiency Assessor Pre-school Gymnastics	Winstrada Award Scheme Gymnastics Proficiency Primer Awards 1-3	
Pre-school Gymnastics Coach	Winstrada Award Scheme Gymnastics Proficiency Primer Awards 1-3	
Session Management (Online) Safety in Session Equipment Setup/De-rig Problem Solving Ethics within coaching Child Development	Physical Wellbeing (Online) Warm Ups Use of Hand Apparatus Fun Stretching Cool Downs	Rolling: Logroll Forward Roll Backward Roll Circle Roll
Floor Skills: Shapes straight, star. Seated shapes tuck, straight, straddle, pike Squat Bunny Hop Rocking Front / Back Support Handstand (Beginning) Prep for Cartwheels Balancing on Body Parts	Bar Skills Grip and Hang Reach & Grasp Swing Swing in Shapes Release Lift legs to bar Front Support	Beam Skills Walk & Crawl, Forward backwards and Sideways Beam Level and sloped Obstacle's Mount & Dismount Bunny Hops Balances Turns or spins
Vault: Run Hurdle step progressions Squat on Straddle on Dismounts	Linking Apparatus: Ladders Benches Poles	Trampoline: Safety for Rebound Use of Trampettes / Rebounders Basic Shapes for Dismount
Examination: Multiple Choice on Theory (Pass Mark 70%). Continual Assessment on course via a Practical with participants session.		
Adult & Toddler Coach	Winstrada Award Scheme Gymnastics Proficiency Primer Awards 1-3	

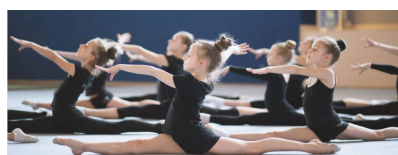
Session Management (online) Safety in Session Equipment Setup/De-rig Problem Solving Ethics Within Coaching Child Development	Physical Wellbeing (Online) Adult & Toddler Interaction Physical and Mental. Communication Ratio's	Rolling: Logroll Forward Roll (Supported) Backward Roll (Supported)
Floor Skills: Shapes - Straight, Star. Seated Shapes - Tuck, Straight, Straddle, Pike Squat Bunny Hop Supported Rocking	Linking Apparatus: Ladders Benches Poles Setting up Safety	Beam Skills Supported Walking - Forwards, Sideways Dismount Rebound: Straight, Star, Tuck, Twist
Bar Skills Grip and Hang Swing Release Lift legs to bar Front Support (Supported) Forward Circle (Supported)	Hand Apparatus Bean Bags Tap Stick Ball Ribbons Hula Hoop	Interacting with Adults How to interact Best Practice Q + A Ending Action Songs to music Finishing the session



Pre-School Syllabus Continued



Course Title	Content
Pre-school Trampolining	Winstrada Award Scheme Trampoline Proficiency Awards 1-3
Baby Gymnastics	Coming Soon



Gymnastics Syllabus



Course Title	Content
Disability Gymnastics (Full Course)	Winstrada Award Scheme Gymnastics Proficiency Primer 1-3
Disability Gymnastics (Add on)	Winstrada Award Scheme Gymnastics Proficiency Primer 1-3
Foundation Gym (Step 1)	Winstrada Award Scheme Gymnastics Proficiency Awards 1-6

Session Management (online) Safety in Session Equipment Setup/Derig Problem Solving Ethics within coaching Organisation of groups Additional Needs	Physical Wellbeing (online) Warming up Aerobic Activity Flexibility & conditioning Cool down session Healthy Living	Rolling: Logroll Forward Roll Rock Back & forwards Backward Roll Preparations Linking Skills Linking Basic skills together
Floor Skills: Basic Skills Jumps Leaps Balance Weight Transfer Skipping Squat Jump/ Positions Dish Bunny hop Shoulder Stand Front / Back support Press up front / back Teddy Bear Roll Handstand Bridge	Vault Skills: Straight/star/tuck Jump from Bench or box top with safe landing Hurdle Step Progressions Straight jump from Springboard with run up Shaped Dismounts Squat on Straddle on Hand Apparatus: Bean Bags Rope Ball Ribbons Hula Hoop	Beam Skills: Walk along Bench / Beam Walk along on Toes with Half & Full Turn 1 foot balance on bench / beam Walk Along Backwards Walk Along Sideways Walk Along stepping over bean bags Basic Beam Mounts Straight, Star, Tuck Dismount Partner Work Basic Skills Match and Mirror Using Hand Apparatus

Examination: Multiple Choice on Theory (Pass Mark 70%) (Online prior to course), Continual Assessment



Gymnastics Syllabus

Continued



Course Title	Content
Recreational Gymnastic (Step 2)	Winstrada Award Scheme Gymnastics Proficiency Awards 7-10

Session Management Recap of Session Management from Foundation (Online) Mentoring (Basic)	Online Recap of Foundation Physical wellbeing Basic Biomechanics	Rolling: Straddle Roll Backward Roll Further Forward Roll
Floor Skills: Roundoff Drop Back to Bridge Forwards Walkover Backwards Walkover Headstand (Knees Bent) Cartwheel (Inc 1 handed) Further Twisting Dive Roll Japana 1.5 Twist Jump Safe Landing Handspring (Front/Back) Handstand Forward Roll Tick Tock	Vault Skills: Squat on Straddle Off Squat Through Twisting Dismounts (Half / Full) Through Vault Over Box Cartwheel Dismount Handspring light support Partner Work Leap Frog Weight Bearing Partner Support Counter Balance	Beam Skills: Forward Roll Donkey Kick from bench Jumps on Beam Tuck, Star. Twist (Half, Full) Dismount Half and Full Twist & Roundoff Handstand Progression Linking Skills: Linking Elements Together to create a routine

Examination: Multiple Choice on Theory (Pass Mark 75%), Continual Assessment on course.

Course Title	Content
Further Rec Gymnastic (Step 3)	Winstrada Award Scheme Gymnastics Proficiency Awards A1 & A2

Session Management (Online) Revision Overseeing a Club Mentoring Biomechanics	Vault Skills: Headspring Straddle Vault Handspring	Rolling: Forward Roll To straddle stand (straight legs) Backward Roll to Handstand
Floor Skills: Headstand Straight Legs Splits (Forwards/ Sideways) Arabesque Handstand ½ pirouette Front Somersault Valdez Half Lever Y-Balance Flic	Floor Skills Continued Straddled Lever Headstand to Handstand Handstand to Bridge Tick Tok Combination: Round Off to Flic 2 consecutive Cartwheels Trampette: Dive Roll	Beam Skills: Full Twist Jump Cartwheel On Cartwheel Dismount Squat Mount Straddle Mount Partner: Partner Balance 3 person Double Forward Roll (Tank Roll)

Examination: Multiple Choice on Theory (Pass Mark 75%), Continual Assessment on course.



Free-Style Gymnastics Syllabus

(Possibilities never end)



Course Title	Content
Free-Style Gymnastics (Step 1)	Free-Style Awards TBC
Free-Style Gymnastics (Step 2)	Free-Style Awards TBC



Cheerleading Syllabus



Course Title	Content
Cheerleading (Step 1)	Cheerleading Awards
Cheerleading (Step 2)	Cheerleading Awards



Porting & Upgrade

Helping you achieve your potential.



For those who have completed a level 1 with another body, our porting and upgrade course enables you to upgrade your qualification so you are able to gain additional qualifications and operate a session in your own right (18yrs+).

Trampoline Porting & Upgrade

1) The online version of the Level 2 Rebound Therapy training course.

Completion of this will give you the internationally recognised Rebound Therapy certificate and will enable you to run sessions for children and adults across a very wide range of special needs. It is also suitable for running pre-school classes and covers grades 1 to 3 of the Winstrada trampoline development programme. [Information here](#)

2) The online version of the Rebound Plus training course.

This is an online add-on module to the above. Completion of this will validate you to teach grades 4 to 8 of the Winstrada development programme. The course covers many more progressions and support techniques than a Level 1 trampoline course and is ideal for teaching 'more able' children and adults with disabilities. Also ideal for teaching mainstream beginners and intermediates. [Information here](#) and then scroll down to 'Rebound Plus' (online version for trampoline coaches)

3) The Authority Trampoline Coach course.

This covers grades 9 and 10 of the Winstrada trampoline development programme. It is a two-day practical course and is held either in house at your club or centre, or you can attend an open course. For details see page 7 for syllabus.

Gymnastics Porting & Upgrade

1) The online version of the Level 2 Foundation Gymnastics training course.

Completion of this will give you the Foundation Gymnastics certificate and will enable you to run sessions for children and adults a range of gymnastics moves. It covers grades 1 to 6 of the Winstrada Gymnastics development programme. [Information here](#)

2) The online version of the Recreational Gymnastics training course.

This is an online add-on module to the above. Completion of this will validate you to teach grades 7 to 10 of the Winstrada development programme. The course covers many more progressions and support techniques than a Level 1 Gymnastics course and is ideal for teaching 'more able' children and adults. Also ideal for teaching mainstream beginners and intermediates. [Information here](#) (online version for gymnastics coaches)

3) The Further Recreational Gymnastics Coach course.

This covers grades A1 and A2 of the Winstrada Gymnastics development programme. It is a two-day practical course and is held either in house at your club or centre, or you can attend an open course. For details see page 8 for syllabus.