

# FIRST CLASS ATHLETICS



RECREATIONAL  
INFORMATION

# PACK

2023/2024



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# ABOUT US

First Class Athletics is a new premier sporting facility in Milton Keynes. We provide top-quality training and coaching in cheerleading, gymnastics and dance, for athletes of all ages and abilities. Our gym is complete with a sprung floor, viewing area and state-of-the-art training equipment.

We are proud to be home to one of the UK's most decorated coaching teams, including: renowned judges, international choreographers and World Champions! Our team has a wealth of experience, ensuring that all our members excel from grassroots to elite level.

At First Class we believe that a willingness to learn, the determination to excel and a team player mentality, are all characteristics that are integral to becoming the best of the best in any sporting discipline, whether it is cheerleading, tumbling or dance! Our highly-qualified and experienced coaches are committed to ensuring that our classes are educational and fun - making First Class Athletics the perfect place to develop skills, build confidence and form lasting friendships!





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# OUR SIX STRIPES

At First Class Athletics, we are proud to have six stripes that represent our core values.

## RESPECT

We **respect** one another so that every voice can be heard

## PRIDE

We are **proud** of who we are and celebrate our differences

## KINDNESS

We are **kind** and compassionate in all that we do

## POWER

We are all **powerful**, both physically and mentally

## CREATIVITY

We believe in innovation and embrace **creativity**

## LEADERSHIP

We create athletes that **lead** with integrity





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# CLASS DESCRIPTIONS

## TUMBLING

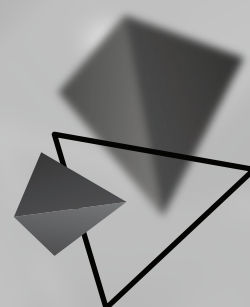
Our tumbling classes are focussed on building tumbling technique for athletes of all skill levels. In each 1-hour session, our qualified coaches teach athletes the fundamentals of tumbling, including body positions, shapes, flexibility, and strength training, through the use of high-performance equipment.

Our Frequent Flyer programme also allows athletes to track their progression throughout the year. Through this, each athlete has the chance to earn certificates and badges to mark their tumbling success!

## RECREATIONAL CHEER

Our recreational cheer classes are designed to introduce athletes to the world of cheerleading, through stunting, tumbling, jumps and dance.

Suitable for beginners and those who wish to perfect their skills, our 1-hour weekly sessions focus on the gradual progression of each athlete. We focus on building both physical and mental strength, whilst also having lots of fun! The athletes will have the opportunity to participate in our Frequent Flyer grading programme, as well the chance to display their skills at the 'The Take-Off', our annual First Class showcase.





# TIMETABLE

## MONDAY

**STAY & PLAY:**  
14.00-15.00

**RECREATIONAL CHEER:**  
Age 11+  
19.30-20.30

## TUESDAY

**RECREATIONAL CHEER:**  
Age 3-10  
16.30-17.30

**FLYER STRETCH AND CONDITIONING:**  
Age 7+  
17.00-17.30

**GYMNASICS TUMBLING:**  
Age 7+  
17.30-18.30

## WEDNESDAY

**NINJA:**  
Age 5-11  
16.30-17.30

**GYMNASICS TUMBLING:**  
Age 7+  
16.30-17.30

**GYMNASICS TUMBLING:**  
Age 7+  
17.30-18.30

**FLYER STRETCH AND CONDITIONING:**  
Age 7+  
17.30-18.00

## THURSDAY

**GYMNASICS TUMBLING:**  
Age 3-6  
16.30-17.30

**FLYER STRETCH AND CONDITIONING:**  
Age 7+  
17.00-17.30

**GYMNASICS TUMBLING:**  
Age 7+  
17.30-18.30

## FRIDAY

**STAY & PLAY:**  
14.00-15.00

**RECREATIONAL CHEER:**  
Age 3-10  
16.30-17.30

**STEPPING STONES:**  
Age 5+  
17.00-17.30

**GYMNASICS TUMBLING:**  
Age 5+  
17.30-18.30

## SATURDAY

**GYMNASICS TUMBLING:**  
Age 7+  
09.00-10.00

**GYMNASICS TUMBLING:**  
Age 3-6  
10.00-11.00

**FLYER STRETCH AND CONDITIONING:**  
Age 7+  
18.00-18.30

**GYMNASICS TUMBLING:**  
Age 11+  
18.30-19.30

## SUNDAY

**GYMNASICS TUMBLING:**  
Age 5+  
09.00-10.00

**GYMNASICS TUMBLING:**  
Age 8+  
11.30-12.30

**OPEN GYM:**  
14.00-17.00





# PRICING

Recreational  
(Ninja/Dance/Tumbling/Cheerleading)

**£24 PER MONTH**

- 1 Hour weekly training session
- Training 48 weeks per year
- High-quality coaching
- **£8.00** pay-as-you-go option available

All members must purchase a First Class Athletics training t-shirt from the FCA online shop



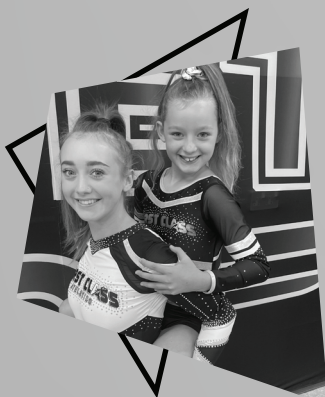


# KEY DATES

The Take Off	19/11/2023
In-House Competition	13/07/2024

# CLOSURE DATES

Winter Break	19/12/23 - 01/01/24
Spring Break	29/03/24 - 04/04/24
Summer Party	13/07/2024
Summer Break	26/08/24 - 01/09/24







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# TRAINING UNIFORM POLICY

## Clothing

- Clean indoor trainers
- First Class Athletics t-shirt
- First Class Athletics shorts or leggings
- Any other First Class Athletics items
- Plain black, white or grey sports clothing (other colours are not acceptable)

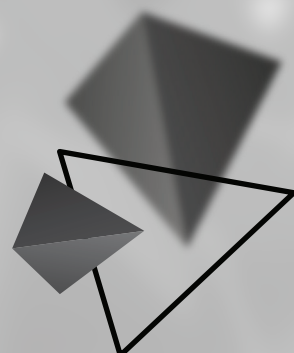
## Hair

- Hair must be tied back
- Style must last all session without the need to be redone

## General

- No jewellery
- Short nails

**Disclaimer:** Large branded logos (e.g. Nike, Adidas, Puma, etc.) and items from other gyms, sports clubs, event producers or competition companies are not permitted in the gym under any circumstances. Athletes that do not adhere to the uniform policy will be requested to change or be sent home.





# SIGN-UP CHECKLIST

- Signed-up and completed profile on Coacha.
- Recreational membership fee paid (includes t-shirt ordered and training scrunchie).
- Monthly fees on the budget planner.
- Emailed **info@firstclassathletics.co.uk** to sign up for any additional classes.
- Follow/Like **@firstclassathleticsuk on social media.**
- Calendar dates in the diary.





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