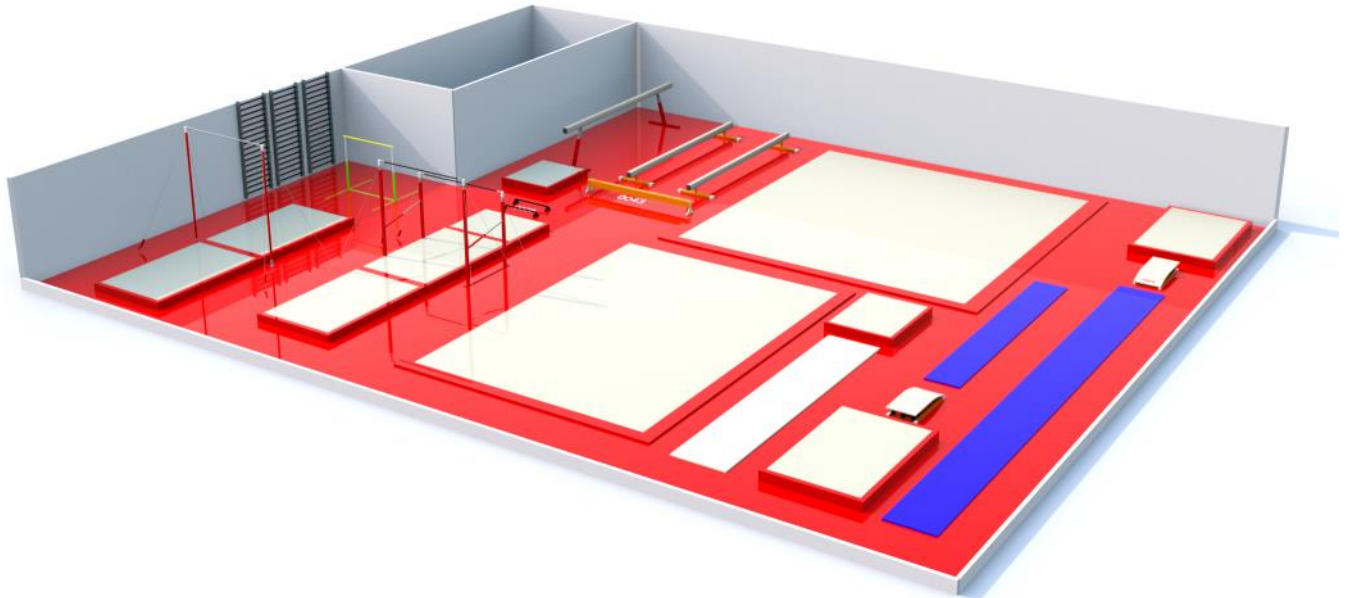




# Stockport School of Gymnastics

## The Gym Extension

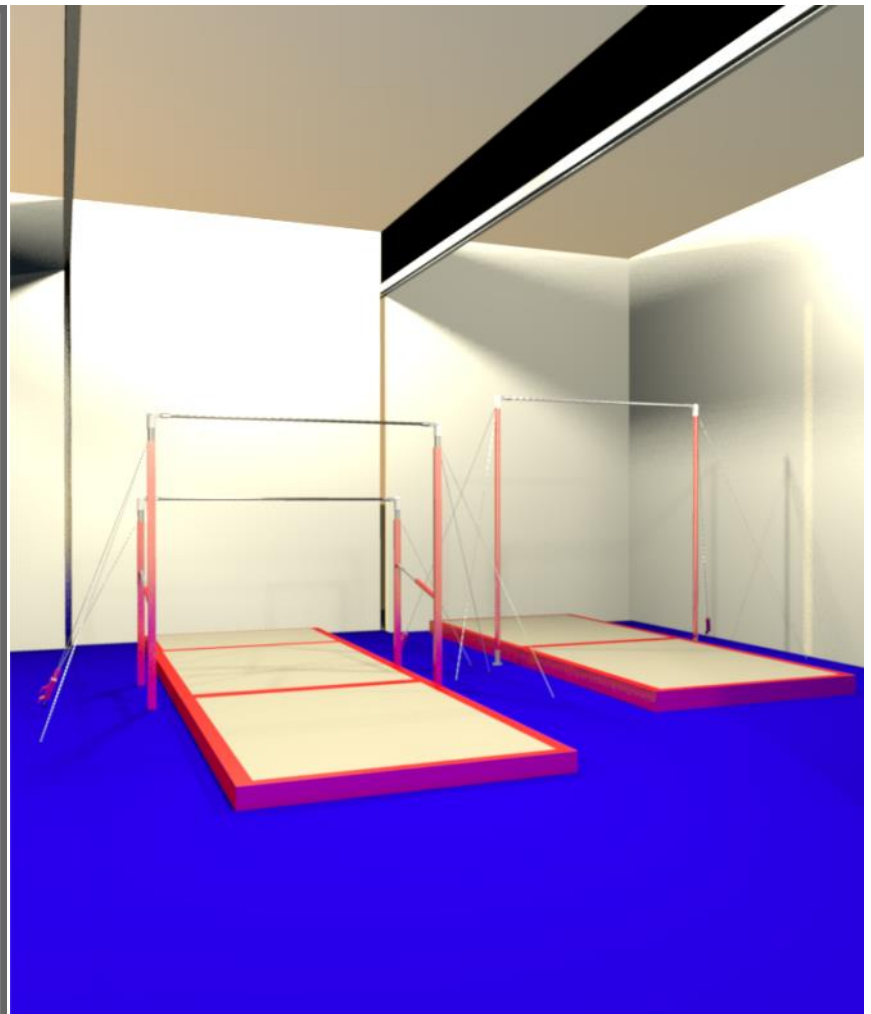


SSoG has been looking at expanding the facilities at Newby Rd for some years now. In 2018 we received planning permission to convert the adjacent unit but the commercial numbers looked stretched. During lockdown we had to close the Offerton facility so we looked at a smaller extension. The landlord has made the 4,000 sq ft offices at the front of the gym available, he has taken out all of the walls and ceilings and it's now ours. The fit out has started and there will be regular updates on social media.

In this flyer find out

- our plans
- the timings
- how this may affect your sessions
- the bigger picture

The information on classes will be sent to members in the coming weeks. This will include a help list as there will be jobs that you can tackle.



## Our Plans



The gym at Newby Rd was built more than 50 years ago and was used as a potato store. That's why we have the thick insulation on the walls and ceiling. As the building has grown older the leaks in the roof have got numerous and continue to increase. The landlord has decided that it has got to the stage where his patching is no longer effective and the building needs a new roof. The roof is not being replaced as that would be far too disruptive to the gym so he is adding a skin over the existing roof and new gutters. While this work is going on we will not be able to use the main hall, café or viewing balcony. This work is scheduled to take 6 to 8 weeks. A further 4 weeks has been allowed to be safe.

The plan is to move all of our classes into the new space, fix the roof and then operate the club using the main gym and the new space. We don't expect much to change for the classes while the roof is being repaired, just that they will be taking place in a smaller space.

The addition of the extra 4,000 sq ft to our existing 10,000 sq ft will allow us to offer more and different classes and add much needed extra car parking

## The Timings

Sign the lease 20th April

Fit out the gym 20th April to 29th May

Move the classes into the new space 30th May

Fix the roof 30th May to 25th July

Move back into the gym 1st August

We have allowed for some slippage in the roof repairs and have allowed an extra month just in case

All roof repairs complete 1st Sept.

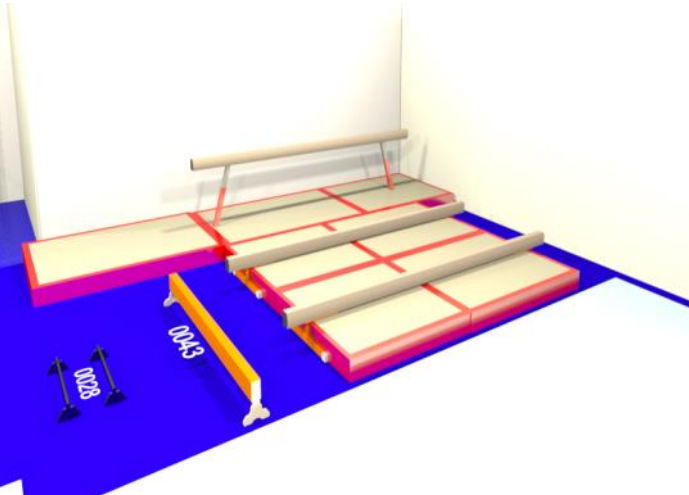
## The Bigger Picture

The extra space means new opportunities. When the gymnastics classes have moved back into the gym we have lots of space to allow us to do different activities enhancing the community use of our facilities.

We are not going to keep all of the gymnastics equipment in the new space which means we will create a large open carpeted hall, suitable for community use during the day.

## How does this affect my session?

The sessions will not be any different after the roof has been fixed. While the roof is being fixed all classes will be in the new space and there will be some small changes as we won't have as much space and will not have pits and tumble track.



**In the gym we have 3 matted beams and a low beam; we will have the same in the new space**

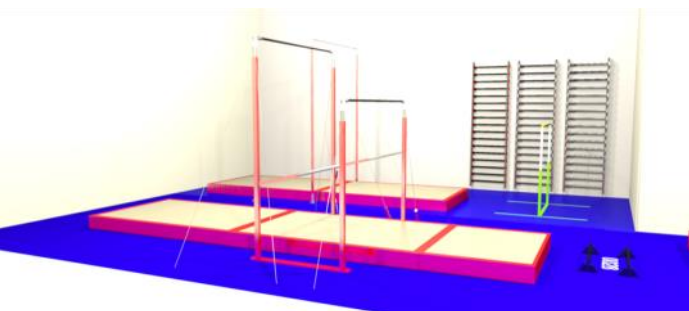
The entrance to the gym will be through a different set of double doors while the roof works are proceeding. We are still able to use the dance studio, ladies toilets and the disabled/gents/baby change and showers.

The new space has windows so there is natural daylight inside, a big improvement. Viewing will still be limited and we will have to review when the gym is set up and all equipment installed.

There will be a warm up floor and a main floor as present. The floor will not be sprung.

There will be 2 vault set ups onto mats and a rebound.

There will be safety mats, slopes, rolls and most of the other training aids that we have in the gym.



**We will have A bars, adjustable single bar and a junior bar**

## Rec and Teens Classes

### Session Times

All unchanged. If your session is at 5.00pm on a Tuesday, it will still be on a Tuesday at 5.00pm.

### Session Length

All unchanged. If your session is 55 minutes, then it will still be 55 minutes.

### Session Structure

All unchanged. The session starts with a warm up and will move onto 2 of the 4 apparatus, Bars, Beam, Floor and Vault.

## Pre-School Classes

### Session Times

All unchanged.

### Session Length

All unchanged.

### Session Structure

All unchanged. The sessions will still be Independent or with Parents.

### Viewing

Unchanged but as there is no balcony it will be in the gym near to where the gymnasts are training.

## Open Play Toddlers

No changes to these sessions. There will be bars, beams, rebound, floor and vault but no pits.

## Ladies Fitness

No changes to these sessions.

## Advanced Gymnastics

There are no changes to these sessions with the same days, times and session lengths. The floor isn't sprung and the vault length will be shortened but not by much. There are no competitions during this time so it won't affect training.

## Anything else going on?

The big news is that Crimson Heat Cheer are opening a new club operating in the new space at Stockport School of Gymnastics. The club is based in Newbury, Berkshire and operate as Crimson Heat Tigers. The new club is Crimson Heat Phoenix and it all starts with an open day on Sunday 22nd May and really takes off in September.

This is an exciting development for both SSoG and CHP as there is a shared experience in the

related fields of Tumbling, Strength and Conditioning. Both clubs are Community Interest Companies (not for profit) and have a history of working with the community.

Their world class experienced and qualified coaching team can be contacted on CHPPhoenixcheer@gmail.com and all publicity is on their Instagram <https://www.instagram.com/crimsonheatphoenix/>

The excitement is building

