



# GYMSTART

THE PERFECT START FOR COACHING GYMNASTICS

## GYMSTART INTRO

- ★ Coaching Ireland approved assistant level qualification
- ★ First step on the coaching ladder – ideal for interested individuals & teachers hoping to coach at a participation-based level
- ★ Perfect introduction to basic coaching theory & the fundamental practical skills of all the gymnastic disciplines
- ★ For members aged 16+
- ★ €175 for 2-day course (one weekend)

## GYMSTART LEVEL I

- ★ Coaching Ireland approved club level qualification
- ★ Builds & develops knowledge & skill content from GYMStart Intro course, enabling coaches to start up & run their own club
- ★ Perfect course to enable coaches to build a sound participation programme within their club, that can develop towards more performance-based pathways
- ★ For members aged 18+
- ★ €395 for 5-day course – (two weekends plus one exam day)

To book online, or find out more about becoming a member or hosting a course contact:

Irish Gymnastics Ltd, Sport HQ, 13 Joyce Way, Parkwest, Dublin 12 T: 01 6251125 F: 01 6251126 E: info@irishgymnastics.ie W: www.irishgymnastics.ie