



## 1. PRICE LIST

### 1.1. Entry Fee - 1000 THB

Entry Fee is a one-time fee for student registration at the club and at Gymnastics Association of Thailand. Registered students are given the opportunity to participate in competitions and other events from the Universe Gymnastics Club. Entry Fee is paid on the 2nd lesson (after Trial lesson) and it is not a monthly fee.

#### To register in the Universe Gymnastics Club you must:

- fill in the registration form  
<https://forms.gle/ATSYxWRRdPKSqTjB6>
- bring 2 photos of the student 3x4
- bring a copy of Id or passport and
- have a medical insurance
- doctor approval

#### Club membership cancellation occurs automatically:

when a student misses 8 or more classes without a valid reason (medical certificate) or a vacation application <https://forms.gle/SuHMi9Anmhc6y1uj7>

When a student decided to returns to a class, Entry Fee has to be paid again.

### 1.2. Price list:

Monthly package only for club members:

- 1 times a week for 1 hour - 1600 THB / mon.
- 1 times a week for 1,5 hours - 2000 THB / mon.
- 1 times a week for 2 hours - 2400 THB / mon.
  
- 2 times a week for 1 hour - 2800 THB / mon.
- 2 times a week for 1,5 hours - 3200 THB / mon.
- 2 times a week for 2 hours - 3600 THB / mon.

3 times a week for 1 hour - 3600 THB / mon.

3 times a week for 1,5 hours - 4200 THB / mon.

3 times a week for 2 hours - 4800 THB / mon.

4 times a week for 1 hour - 4000 THB / mon.

4 times a week for 1,5 hours - 4800 THB / mon.

4 times a week for 2 hours - 5600 THB / mon.

If you know that you will be in Thailand for a short time, then you can pay one-time classes and not pay the entrance fee:

1 hour - 500 THB

1,5 hours - 600 THB

2 hours - 700 THB

Participation in internal and external competitions, exams and other events is paid separately.

### **1.3. Classes payment**

Classes must be paid every month on the 1st till the 10th.

Payment by cash or card: Kasikorn Bank

Acc: 870-2-06794-5 Name: Olga Balachina

### **1.4. Recalculation of classes.**

#### **Recalculation during a holiday:**

- Recalculation happens only when you alert us 2 weeks before a break.  
Recalculation will happen only if you skipped more than 2 classes in a row.
- Fill out the vacation application <https://forms.gle/SuHMi9Anmhc6y1ujZ>
- A verbal warning that is not documented is not a reason for recalculation.

#### **Recalculation due to sickness:**

- Recalculation will happen only if you bring a medical certificate for more than 2 classes in a row.

#### **Other situations where we don't recalculate:**

- due to class cancelation (rain, power outage).

- due to a public holiday.

ATTENTION! Recalculation won't happen if you missed one class.

### **1.5. System of recalculating cost of classes.**

Recalculation of classes is based on the following system:

If you attended 2-4 classes, then recalculation is done according to the following price list:

- 1 hour - 400 THB / lesson
- 1.5 hours - 500 THB / lesson
- 2 hours - 600 THB / lesson

If you attended 5-8 lessons, then recalculation is done according to the following price list:

- 1 hour - 350 THB / lesson
- 1.5 hours - 400 THB / lesson
- 2 hours - 450 THB / lesson

If you attended 9-12 classes, then recalculation is done according to the following price list:

- 1 hour - 300 THB / lesson
- 1.5 hours - 350 THB / lesson
- 2 hours - 400 THB / lesson

If you attended 12-16 lessons, then recalculation is done according to the following price list:

- 1 hour - 250 THB / lesson
- 1.5 hours - 300 THB / lesson
- 2 hours - 350 THB / lesson

### **Additional Classes:**

If more than

4 classes for 1 day per week membership

8 classes for 2 days per week membership

12 classes for 3 days per week membership

16 classes for 4 days per week membership

fall in a calendar month, then these additional classes are considered bonus and compensate for those months which have less classes. For example public holiday.



## 2. ADDRESS

### 2.1. ADDRESS BANGKOK

2.1.1. BANGKOK "TTG Gymnastics Center"

Map: <https://goo.gl/maps/WH9exJQRXivjti4WA>

93 Sol Bang Na-Trad 33 Bangna-Trad Road 10260, Thailand

2.1.2. BANGKOK "Roots8Yoga"

Map: <https://goo.gl/maps/jX9KTuxXWN8wtebN6>

46 Si Lom, Silom, Bang Rak, Bangkok 10500, Thailand

2.1.3. PATTAYA "Planet Football"

Map: <https://goo.gl/maps/uPqYSdDRRRgSZtti6>

Phon Prapha Nimit 24 Alley, Pattaya City, Bang Lamung District, Chon Buri 20150, Thailand



## 3. SCHEDULE AND CLASSIFICATION OF GROUPS

### 3.1. Classification of group.

a) **Beginners group 1** - first year of learning, 3-5 years old. Lessons last for 1 and 2 hours a week.

The main goal at this stage is to develop endurance and strengthen the muscles so that the child can withstand the loads. And also increase immunity. Children learn simple acrobatic elements (bridge, wheel), basics of choreography and dance. The coach makes an emphasis on stretching, flexibility, balance, concentration and ability of focusing.

In the first year of learning the child learns how to work with a ball, rope, and hoop.

All the learning goes through a game. We try to make children love gymnastics and go to classes with pleasure.

**b) Beginners group 2** - first year of learning, for kids who started learning from 6 year old. Classes are held from 2 times a week for 2 hours.

Children from the age of 6 who have just started their studies and have not done gymnastics and similar sports before, go through a program similar to the Beginners group 1, but in a more intense and accelerated form.

**c) Recreational group** - from the second year of study, from 5 years old. The lesson lasts 2 hours, preferably more than 2 times a week.

On this stage we focus on studying ballet and dance elements. This is a very important stage! At this age the base is being laid such things as turn of the feet and knees. This stage later will ensure the purity of the fulfillment of the elements-and this is the secret of the Russian method: beautiful feet, high rises, long neck, posture.

Children begin to work more seriously with the ball, rope and hoop, and learn the basics of the apparatus. How to hold each apparatus (options for grasping), how to throw, how to catch. Work with clubs and a ribbon goes through a game.

On the third and the last year of learning learning programme becomes harder. Children must master the basics elements of ballet, know different type of dance, and perform various variations of acrobatic elements.

Students start learning harder "Body Difficulties", and they must master the easy parts.

On the third year, students will be able to perform not only free hands but also they will be able to perform with apparatus (rope, ball, hoop).

In the last years, the child's skill grows. The child learns to master the risks and difficulty of the apparatus.

*But parents need to understand that success of their child comes from individual specialties and abilities. But what really matters is attendance. If you miss classes, take long breaks then the results will be relevant.*

Starting with the 3rd training, the child and the parents need to decide whether they will stay in the Recreational group or are they ready to go to the Competitive group.

**c) Competitive group** - for kids from 6 year old who've been studying for more than 2 years. This group includes students who decided to train professionally. The parents are able to let the trainer know their preferences and the trainer will decide if the child can move to the group.

The students are required to give all the energy they can give, attend classes at least 4 times a week for 2 hours. Participate in at least 5 competitions per year. Parents should be prepared for additional charges: additional training, the trip for the child and the coach to the competition, the purchase of quality items and dresses and etc.

### **3.2 Which group should the child join?**

The trainer will find the right group for your child.

### **3.3. What should the child learn?**

In the UG club there are 2 grades of student level assessment:

- by age ( if the child started learning from 3 to 5 year old and quickly reached their level).
- Open Levels ( if the child started learning later than 5 year old and the child must start from level one till they reach their level).

The examination of the student's level takes place at the UG Exam, which happens twice a year. At the end of the year, each student receives a certificate, which indicates their current level.

<b>Level</b>	<b>Age</b>	<b>Open level for all ages</b>
1	3	1st year of study
2	4	1st year of study
3	5	1-2 years of study
4	6	2-3 year of study
5	7	2-4 year of study
6	8	3-5 year of study
7	9	3-6 year of study
8	10	4-7 year of study
9	11	5-8 year of study
10	12	6-9 year of study

### **3.4. Schedule**

**Accurate schedule is posted on our website [www.universegymnastics.com](http://www.universegymnastics.com)**

Students must come 10 min earlier before the class starts. For the class all students must be in a uniform and their hair must be properly done. They must be prepared for the class. They must have water! Can not be late!



#### **4. CALENDAR & EVENTS**

**4.1.** UG club holds 2 exams and 2 competitions per year. All students are required to participate in these events. We will inform dates of events in advance.

During the year we will also suggest to our students to participate in competitions organized by other clubs, Sports Federations of Thailand, international competitions, school and city events.



## 5. APPEARANCE OF THE STUDENT

### 5.1 Appearance at the lesson

#### 5.1.1. Uniform

The student is required to attend the class in a proper form. The student is allowed to attend the class only in gymnastics uniform and shoes, with hair in a bun.

#### **Uniform that is allowed to the class:**

- exclusive Universe Gymnastics Club uniform (order is possible with the trainer)
- Special gymnastics uniform from other brands. Before ordering the uniform must be approved by the trainer,

#### **The student is not allowed to the class if:**

- wearing swimsuit
- wearing tights
- loose clothes
- clothes that are made of inappropriate material

Uniform forms discipline in the gymnasts and also develops aesthetic skills.

Owning a special uniform your child is guaranteed to be safe.

#### 5.1.2 Hair



All students are allowed to the class only with their hair done

- tight hair bun
- braid wrapped into a bun
- short hair must be made into one or more tails

#### **Students are not allowed to the class if:**

- long undone hair
- ponytail
- undone braid

Hair - is a important element in gymnastics. Hair bun will help hold the posture. And it will also prevents the occurrence of injuries in training.

### **5.1.3. Shoes**

In class, the student should be barefoot or in half-shoes

## **5.2. Appearance at the competition**

### **5.2.1. Competition dress**

The dress is required to the students who perform with music. At the internal competitions of the UG club, children who come from other clubs are the only ones th leftists can act in the club's original form (swimsuit, if desired).

#### **Requirements for a competition dress:**

- The dress should be appropriate and not see through; under the lace inserts should be lining (area of the body to the chest)
- The dress can be with short or long sleeves (dance dresses with thin straps are not allowed).
- The dress must fit the figure so judges can see the whole body clear and judge it correctly. But you are allowed to put some decorations and small details on the dress as long as it is not harmful for the gymnast.

Parents need to take care of sewing a dress for competition in advance. Or buy a ready dress (you can contact the trainer to buy one). Before buying a competitive dress, be sure to check the model and quality with the trainer.

### **5.2.2. Hair and makeup for competition**

- hairstyle, as well as make up, should be neat and classic
- hair should be done with gel or varnish
- jewelry and piercing that may pose a risk to the safety of gymnasts are not allowed.

### **5.2.3 Shoes for competition**

At the competition the gymnast must wear gymnastics shoes. The shoes must be clean and without any holes.

## **5.3. Where to buy uniform?**

Soon on universe gymnastics site [www.universegymnastics.com](http://www.universegymnastics.com) you will be able to order a uniform. If there isn't a right size for you at the moment then we will make it in several days. You can pay in cash or by credit card.

Now you can send email [obalachina@gmail.com](mailto:obalachina@gmail.com) requesting the uniform. In the request tell the name, city, age, and size of the kid. In the topic section of email write uniform for (kids name).



## 6. GYMNASTICS APPARATUS

### 6.1 Types of apparatus

#### 6.1.1. What apparatus should be bought?

For students who train for the 1st year, they must immediately purchase a ball. Rope and hoop should be purchased later in the year, when the coach says. These 3 items must be brought for each workout.

Exercises with ribbon and clubs are introduced later. The coach will warn the parents about the use of these apparatus 1 month before.

#### 6.1.2. Ball

The ball must be purchased in the first month of training and brought with you every class.

Ball for rhythmic gymnastics should be of a certain size, weight and made of a good rubber. Recommended models: Sasaki, Pastorelli or Chacott.

The size of the ball is determined by the height of the gymnast and the size of her hand.

The ball should fit in the palm in such a way that the gymnast will feel comfortable holding it.

Usually, for students of 3-7 years old, a perfect ball is with a diameter of 15 cm and weight of 300 grams. For students of 8-10 years old, a perfect ball is with a diameter of 17 cm and weight of 350 grams. For students who are 10 years and older, a perfect ball is with a diameter of 18.5 cm and weight of 400 gr. Therefore, it is important to choose a suitable size ball for the gymnast.

Of course, it is important to pay attention not only to the age but also to the height of a gymnast. For example, if a girl at 6 years old is tall and looks older than her age, then the ball that she needs should not be small (15 cm) but medium (17 cm). Or if a

girl is 11 years old but she is still short then it is better to buy a smaller ball so that she would be comfortable working with it. If you are not sure in the choice of size, consult with the trainer.

### 6.1.3. Rope

**The rope should be purchased on the first year of learning ( the trainer will let you know) and it must be bought every class.**

All ropes for rhythmic gymnastics are different in rigidity, thickness, weight and length. Recommended models are SASAKI and PASTORELLI.

SASAKI provides ropes for young girls made out of polyester that are 2.5 m long. These ropes are suitable for toddlers and for beginners in gymnastics who cannot use heavy ropes, these ropes are suitable for gymnasts up to about 10 years old. The convenience of these rope models is that they are well weighted and fly well but at the same time they are soft and in the process of learning jumps they do not hit the legs.

Adult professional rope are marked with FIG and they are 3 m long. If a gymnast is used to training with heavy rope, we recommend to purchase a SASAKI rope that is made of nylon or polyester. These ropes are the heaviest in weight, with a diameter of 1 cm and made of nylon. Girls who train for more than one year will also be able to train with ropes of these models. Nylon ropes are very easy to use.

PASTORELLI jumps are also made of nylon, but they are lighter in weight and thinner in diameter.

#### How to properly measure and cut the rope



Standard ropes are usually 3 m long. It is necessary to cut the rope in accordance with the height of gymnasts. In order for it to be convenient to train, the jump rope should ideally fit the gymnast in height. To measure the rope correctly the gymnast needs to stand in the middle of the rope and pull up the rope over the shoulders. Make the knots in the right place. A rope with knotted ends should reach the armpits or shoulders. After tying the knots on the rope, let the girl jump with the rope to make sure that she is comfortable with it and that the length is suitable for the gymnast. Then cut the rope behind the knots and immediately light the end with fire so that it does not disband.

## How to take care of the rope

You can keep the rope in the case so that it does not get dirty and doesn't tangles in the bag.

### Note the following:

- \* Do not wash the rope.
- \* Do not put the rope in the machine for drying.
- \* If the rope is wet from sweat or water, wipe it with a dry cloth.
- \* Do not leave the rope in a wet place for a long time.
- \* Do not leave sweat on the rope after using it.

To save the rope:

- \* Please wipe the sweat or wet spots with a dry cloth and dry the rope in the shade. Then store the rope in a dry place.

### 6.1.4. Hoop

Must be purchased during the first year (the trainer will let you know when) and it must be brought to every class.



Of course it is important to look at not only at the age but also at the gymnast height. For example, if a girl is 6 years old but looks older than she is then she needs a 65 cm hoop but the next one should be the right size which is 70cm. Or if a girl is 11 years old but she is short then it's better to take a hoop a size smaller (75cm) in order for her to feel more comfortable with it. The weight of the hoop changes depending on its size. It is highly recommended to keep the hoop in the case.

### 6.1.5 Clubs

The coach will let you know one month before purchasing.



Clubs for rhythmic gymnastics should be of a certain size, shape, weight and made of high quality materials: rubber or plastic. The size of the clubs is determined by the height of the gymnast and the length of her arm.

The club, if you put it along your hand in a wrist holding the small circle, should reach the middle of the shoulder, so that it is comfortable to hold them and perform different exercises with them.

In general, small clubs a length of 36 cm are suitable for girls 5–7 years old, medium clubs a length of 40–41 cm are suitable for girls of 8–11 years, and standard big clubs a length of 44–45 cm are suitable for girls 11 years and older.

It is better to keep the clubs in a special case.

#### **6.1.6. Ribbon**

**The coach will let you know one month before purchasing.**

Ribbon for rhythmic gymnastics consists of a stick and the ribbon itself. The ribbon is made of viscose or satin 4, 5 and 6 meters in length. For gymnasts up to 8 years old, the length of the tape is 4 meters, for 8-14 years old 5 meters long, and for gymnasts aged 15 years and older - 6 meters long. Before buying the tape it is best to consult with a coach.

Sticks for gymnastic ribbons are usually conical or cylindrical form. They are made of plastic or plexiglas, from 50 to 60 cm long. The ribbon with a stick is connected by a carbine or nylon braid. The stick is chosen by the length of the tape:

- for 5 and 6 meter ribbon the stick should be 57 cm, 60 cm;
- for a ribbon length of 4 meters the stick should be 50 cm.

For transporting and keeping the ribbon, you need a special drum for tightly twisting it, and a special case for the stick.



## **7. SOCIAL MEDIA AND CONTACTS**

Our club is in every big social media. They are made for information and spreading the content and also for grouping new groups. We ask parents and our students to participate and help our club spread. To do that like our pages and leave a comment. Also give likes and share.

Warning! In the groups and chats bullying and inappropriate content s banned.

### **7.1. Facebook - <https://web.facebook.com/UniverseGymnasticsClub/>**

Here we post live videos, learning content, and pictures and videos from events.

Leave your comment on our page because that will help bring our ratings up.

### **7.2. Instagram - @universegymnastics**

### **7.3. You Tube - <https://www.youtube.com/c/UniverseGymnastics>**

You must subscribe to the channel! Here we post learning concept and videos for the competition

### **7.4. Сайт [www.universegymnastics.com](http://www.universegymnastics.com)**

On our website you will find information about payment, schedule , and a address of the club.

Very soon there will be a section added for the parents. In that section it will be much easier for you to fill out the form about a break, order uniform and etc.

All new students fill in the application form on the website. So if any of your friends want to join you can just send them a link to the website. Thank you.

### **7.5 LINE group**

For all students we created a LINE group. For you to be added you need to tell the coach.

Attention, in this chat you will find information about competitions, exams, uniform, payment and etc. Don't forget to check the group

## 7.6. Contact numbers

If you have any questions you can ask the trainer by calling this number

+66(0) 80 570-57- 56 (ENG/RUS). Or write in Line.

If you speak thai then you can call our coach A +660809494982 (ไทย) or Charize +66(0) 62 520 1690

### Useful links:

Application form <https://forms.gle/ATSYxWRRdPKSqTjB6>

Holidays form <https://forms.gle/YiGVe9EA2r4Gaxnv7>



## 7. SPONSORSHIP AND PROMOTION OF THE CLUB

### 7.1. Sponsorship

For competitions and exams, we regularly attract sponsors who provide financial assistance, or gifts or certificates for the prize fund. In exchange, our club spreads information about the sponsors at the event and in social networks. If you have the opportunity to become a sponsor of our club events, contact Olga Balacina.

Also, our club is considering branding for your company in exchange for sponsorship for the development of the club. Conditions will be talked individually. If you want our club to perform under your name, contact Olga Balacina.

