"By taking part you could win a special masterclass visit from me at your club!"

Thank you for your support!

Dear club,

Thank you for joining the British Gymnastics Foundation birthday celebration! With your help, we can continue to transform the lives of individuals and communities through the power of gymnastics.

In this pack, you will find:

- Posters to display in your facility
- Additional fun fundraising ideas
- Competition information and rules
- Paying in form

Fun fancy dress sessions!

During July, we're asking clubs and schools to celebrate with us by holding fancy dress sessions during your usual classes or holiday clubs, in exchange for a donation of £2 per gymnast.

Win a visit from Olympian Kristian Thomas

Share photos or a short video of how you celebrate on social media, and one lucky club will receive a masterclass from our ambassador Kristian Thomas. Be creative! Think about having a theme, decorating your club or creating a short video of a dance routine or your favourite tricks!

You've got until 1st August to share on Instagram or Twitter using the hashtag #BGFbirthday, or posting directly to our Facebook page.

For additional posters, information or support with your event, please get in touch with us via our website www.britishgymnasticsfoundation.org

Thank you for your support and let the fun begin!

The British Gymnastics Foundation Team

Gymnastics Foundatican