

Note following visit to a gymnastics club

- Opened in early autumn 2020 as a not for profit initiative (to date, VAT exempt). Took over fully equipped gym from previous owner, impacted by lockdown over winter 2020 and opened again in late spring 2021.
- Provides gymnastic coaching and lessons to children 3 years of age and older.
- Club teaches for 41 weeks a year.
- It has run summer courses previously, will allow for early/late drop off as well as 09.00-15.00 course timings for first time this year.
- 150 members. Membership breakdown – 54% Bethesda, 85% from Gwynedd, 90% female (typical for gym clubs)
- 10 coaches employed, two volunteer coaches, one volunteer director.

Key Quotes:

"It is important to start sport at a young age as it helps develop patterns for a lifetime"

"Kids hate the Welsh Baccalaureate but the volunteering portion is great for clubs like ours. Many of our coaches began as volunteers. The role of volunteers, and encouraging them to progress, is essential"

"Significant drop off in participation between ages of 12-16"

"The main overheads are in rent and energy costs...if our energy costs double, it will threaten our ability to continue...if they treble, it will cripple us."



Summary of challenges and opportunities raised

| Challenges | Opportunities |
|--|---|
| Shortage of suitable small and medium sized industrial estate units. | Key strength of the club is the ability to deliver through medium of Welsh compared to other clubs in the area. |
| Waiting lists for places in gym clubs. | Using technology to simplify accounting methods to ease burden on volunteers. |
| Running costs increasing significantly i.e. heating. | Upgrading heaters and lights will reduce energy costs by 50%. |
| Not able to deliver subsidised places or SEN places at the moment due to cost. | |