

## Vision

More than gymnastics  
Make a positive contribution to  
the wellbeing of our community

## Mission

A vibrant and ambitious club at  
the heart of our community, in  
pursuit of excellence,  
participation and fun, allowing  
children and young adults to  
develop in a safe and positive  
environment through  
gymnastics, physical activity and  
social inclusion



## Values

**Ambitious:** we set our sights high. Ambitions are achievable with the right mindset and work ethic.

**Caring:** we are compassionate towards each other and look after ourselves

**Resilient:** when things don't turn out how we'd like, we pick ourselves up, try again and keep striving to be stronger

**Optimistic:** a positive outlook means seeing the bright side in every training session, every performance

**Brave:** we have the courage to try new things, push ourselves and perform to our highest level

**Accepting:** we welcome and appreciate all our members, whoever they are, wherever they're from and whatever their ability

**You:** Yes you. We believe in you. We see something special in you. You can do things you never thought possible. You're stronger and braver than you think