



Information sheet –
please give this in to the front desk or a coach.

Name: _____

Date of Birth: _____

Address: _____

Gymnast's Medical history

Any medical problems, allergies, ongoing injuries or special needs? yes/no

If 'yes' please give details below

Contacts: Home Tel: _____

Mobile: _____

Emergency contact (e.g close relative) phone number and name to contact on...

Permission

- I allow you to take photographs/videos of my child* for training and promotional purposes. (Full Names will never be added to a photograph following our safeguarding policy.)
- I give you permission to administer first aid on my child*. In the event I cannot be reached, I hereby authorise the doctor and/or hospital staff to perform any necessary emergency treatment to the injury. If you do not want to give permission, or authorisation for consent to medical treatment, please advise staff what procedure should be followed.
- I understand that coaching starts at the time stated for my child's* session and any time before or after this, I am responsible for my child* when in the vicinity.
- I will make sure my gymnast is physically, nutritionally and emotionally supported and ready for a Gymnstricks class each session. If not, I will communicate with a coach to discuss this further before the session starts.

*Child - anyone who is under 18 years old in your care.

Signed: _____

Date: _____



Welcome to Gymnastricks!

'Where every Gymnast matters'



We are a fun, high quality training environment for all levels of gymnastics. We are the only club in the country that specialises in performing. We amalgamate gymnastics, stage acrobatics, sports acrobatics, cheerleading, tumbling and dance choreography to create our unique club. We have been running for over 10 years and we are very proud of our club and its ethos. We look forward to welcoming you to our club and giving you the chance to develop your gymnastic skills to make you the best you can be!

The Gymnastricks Team x

Let's get started...

Sessions sometimes have waiting lists so please ring, email or Facebook message us to find out if there is room.

	Quinton House School Upton Hall Northampton NN5 4UX	Bugbrooke Community Centre Camp Close, Bugbrooke, Northampton NN7 3RW
Monday	N/A	9.30am - 10.15am - Tumbletricks 10.15am - 11.00am - TumbleTricks 4.00pm - 5.00pm Beginner 4.30pm - 5.30pm Intermediate 5.00pm - 6.00pm - Intermediate 6.00pm - 7.00pm Advanced
Wednesday	5.30pm - 6.30pm Beginner/Intermediate 6.30pm - 7.30pm Intermediate/Advanced 6.30pm - 7.30pm Advanced+	9.30am - 10.15am - Tumbletricks
Friday	5.00pm - 6.00pm Beginner 5.00pm - 6.00pm Beginner 6.00pm - 7.00pm - Intermediate 6.00pm - 7.00pm - Advanced	N/A
Saturday	9.00am - 9.45am TumbleTricks 9.00am - 9.45am Reception aged 9.30am - 10.30am - Advanced 10.30am - 11.30am - Beginnnner 10.30am - 11.30am - Acro and Development squad 11.30am - 12.30am - Squad 12.30am - 13.30pm - Squad	N/A

Cost...

It's £5 a trial and if you enjoy it is termly payments...

One session a week: £5 a session

Two sessions a week (per family): £4.50 per session

Three+ sessions a week (per family): £4.00 per session

Six sessions (per family) : One session free!

Payment conditions: You can pay in a range of different ways which include;

- Cash,
- cheque (made payable to J Pell),
- Bank transfers each new term (email for details),
- Standing orders (email for details).

Payment conditions...

There are no deductions in fees if a member is absent for any reason. All fees must be paid in the first two weeks of the term to avoid a £10 admin charge. It is not Gymnastricks' policy to give refunds or make-up sessions for any missed classes unless Gymnastricks cancelled the classes.

Other conditions...

Vigorous activity - Due to the nature of Gymnastics, we wish to inform you that the possibility of serious injury does exist. It is vital that the gymnast follows the coach's instructions at all times, anyone failing to do so may be asked to leave the session.

Viewing sessions: Any child under school age (Pre-school sessions) must have a parent/guardian with them during the session. Unfortunately, we do not have the space in our halls for parents to watch for any child who is school age. There is a viewing gallery at Quinton House sessions where you can watch from above. Bugbrooke Community Centre has a small waiting area if you wish to stay during the session. Please be aware that due to the nature of our club, where we do not own our venues, we are unable to have signing in books for all visitors, so please make sure if a fire does occur you are responsible for exiting the venue by the nearest fire exit.

Toileting: Due to our safeguarding policy we are unable to take gymnasts to the toilet. If you are worried that your child needs support to toilet themselves, we advise you to stay during the session so you can help your gymnast if this issue arises.

Contact information – We are mostly paperless!!!

We provide all information including weekly updates, payment, events, holidays and other important information through email ONLY.

Please sign up to all of the following to keep updated:

- Join our mailing list please email Gymnastricks@outlook.com with the gymnasts' name, age and sessions.
- Visit the website www.gymnastricksnorthampton.com The news and events page has regular updates about dates, cancellations and other important information.
- Join our Facebook page by searching [Gymnastricks](#) and liking our page.
- Follow our Instagram page [Gymnastricksnorthampton](#) for regular videos and photos.

Useful contacts:

- Jane (Head coach and new enquiries) – 01604 830802
- Flick (bitesize and camps) – 07738235792
- Jess (pre-school and squads) 07715362865