****

Your own unique reference code:

(This needs to be the reference for any payments)

**Information sheet –**

**please give this in to the front desk or a coach.**

**Gymnasts 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 name and number :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email address (this will be used to add you to the mailing list and for contacting you):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Permission**

* **I allow Gymnastricks 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 will make sure my gymnast is physically, nutritionally and emotionally supported and ready for a Gymnastricks class each session. If not, I will communicate with a coach to discuss this further before the session starts.**
* **I will set up a monthly standing order from my bank to the Gymnastricks account on the 5th of each and every month and not cancel this whilst my child is still training. Any late payments will result in a £10 late admin charge.**
* **I understand there is a one month cancellation policy.**
* **I understand that if my gymnast has not attended three sessions in a row, without any communication, the gymnasts place will be forfeited.**

**\*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 20 years and we are very proud of our family run 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.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Time** | **Grade** | **Class Description** |
| **Monday** | 3.45-4.15 | Private lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach. (please speak to a coach for more details). |
| 4.30-5.15 | Grade 1-5 | Beginner-intermediate school age classes |
| 5.30-6.15 | Grade 1-5 | Beginner – intermediate school age classes |
| 6.30-7.15 | Grade 6+ Juniors | Intermediate to advanced gymnastics for gymnasts at primary school. |
| 7.30-8.15 | Grade 6+ Seniors | Intermediate to advanced gymnastics for gymnasts in secondary school or beyond. |
| 8.30-9.30 | Private Lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
|  |  |  |
| **Tuesday** | 9.30-10.00 | Tumbletricks | Walker – 3 yrs This class has a loose structure with a chance for coach-led activities and child exploration, perfect for those little ones to burn off some energy and learn the basics of gymnastics and body literacy. (Parents are expected to support their child during this lesson) |
| 9.30-10.15 | Preschool  | 3-4 yrsThis is a structured class for children in the year before they start school. The class introduces children to the basic gymnastic skills to prepare them for school age classes, with plenty of fun. (Parents are expected to be in the building, but is not expected to support their child during the session) |
| 3.45-4.30 | Private hire |  |
| 4.00-4.30 | Private Lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
| 4.45-5.45 | Academy Development Sqaud | Invite only (Squad tryouts in may/June each year) |
| 6.00-6.45 | Choreography and Dance technique juniors/seniors | A great class for all ages and abilities based on learning dance technique and routines and Acrobatic Arts exams, |
| 7.00-8.30 | Academy Squad | Invite only (Squad tryouts in may/June each year) |
| 8.30-9.00 | Private Lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
| **Wednesday** | 3.45-4.15 | Tumbletricks | Walker – 3 yrs This class has a loose structure with a chance for coach-led activities and child exploration, perfect for those little ones to burn off some energy and learn the basics of gymnastics and body literacy. (Parents are expected to support their child during this lesson) |
| 3.45-4.30 | Pre school | 3-4 yrsThis is a structured class for children in the year before they start school. The class introduces children to the basic gymnastic skills to prepare them for school age classes, with plenty of fun. (Parents are expected to be in the building, but is not expected to support their child during the session) |
| 4.30-5.15 | Grade 1-5 | Beginner-intermediate school age classes |
| 5.30 – 6.15 | Grade 1-5 | Beginner-intermediate school age classes |
| 6.30-7.15 | Grade 6+ Juniors | Intermediate to advanced gymnastics for gymnasts at primary school. |
| 7.30-8.15 | Grade 6+ Seniors | Intermediate to advanced gymnastics for gymnasts in secondary school or beyond. |
| 8.30-9.30 | Private Lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
| **Thursday**  | 3.45-4.15 | Private Lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
| 4.30-5.15 | Grade 1-5 | Beginner-intermediate school age classes |
| 5.30 – 6.15 | Grade 1-5 | Beginner-intermediate school age classes |
| 6.30-7.15 | Grade 6+ Juniors | Intermediate to advanced gymnastics for gymnasts at primary school. |
| 7.30-8.15 | Grade 6+ Seniors | Intermediate to advanced gymnastics for gymnasts in secondary school or beyond. |
| 8.30-9.30 | Private lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
| **Friday** | 3.45-4.15 | Private Lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
| 4.30-5.15 | Grade 1-5 | Beginner-intermediate school age classes |
| 5.30 – 6.15 | Grade 1-5 | Beginner-intermediate school age classes |
| 6.30-7.15 | Grade 6+ Juniors | Intermediate to advanced gymnastics for gymnasts at primary school. |
| 7.30-8.15 | Grade 6+ Seniors | Intermediate to advanced gymnastics for gymnasts in secondary school or beyond. |
| 8.30-9.30 | Private lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
| **Saturday** | 8.15-8.45 | Private Lessons | These can be booked for lessons 1:1 to help with your gymnast’s progression, a one off or a block of lessons, either on specific skills or graded work. The cost of these lessons will depend on the coach (please speak to a coach for more details). |
|  | 9.00-9.45 | Pre school | 3-4 yrsThis is a structured class for children in the year before they start school. The class introduces children to the basic gymnastic skills to prepare them for school age classes, with plenty of fun. (Parent are expected to be in the building, but is not expected to support their child during the session) |
|  | 9.00-9.45 | Accelerator class (Yr R-1) | Invite only |
|  | 10.00-10.45 | Grade 1-5 | Beginner-intermediate school age classes |
|  | 11.00-11.45 | Grade 6+ juniors and seniors | Intermediate to advanced gymnastics for all ages |
|  | 11.00-11.45 | Accelerator class (yr 2-3) | Invite only |
|  | 11.00-12.30 | Mini squad | Invite only (Squad tryouts in may/June each year) |
|  | 12.30 – 2.30 | Elite Development Squad | Invite only (Squad tryouts in may/June each year) |
|  | 12.30-3.30 | Elite Squad | Invite only (Squad tryouts in may/June each year) |
|  | 4.00-7.00 | Party booking times | Parties available: please contact a coach |

**Cost…**

**A Standing order of…**

**One session a week: £22.00 per month**

Your own unique reference code:

(This needs to be the reference for any payments)

**Two sessions a week (per family): £38.50 per month**

**Three sessions a week (per family): £49.50 per month**

**Four sessions a week (per family): £66.00 per month**

**Five sessions a week (per family): £82.50 per month**

**Six sessions a week (per family): £88 per month**

**Payment conditions:**

**Standing order: The yearly fees for Gymnastricks sessions are split into 12 monthly payments\* and should be set up as a monthly standing order to come out on the 5th of each month to**

**Account name; Gymnastricks**

**Sort code 089299**

**Account number 69727421**

**Please reference with your Unique reference code (written on the top of this sheet, or ask a member of staff)**

\*this payment Is paid on the 5th of the month, every month of the year. You therefore pay a smaller fee each month to accommodate paying in August.

**Payment conditions…**

**There are no deductions in fees if a member is absent for any reason. It is not Gymnastricks’ policy to give refunds or make-up sessions for any missed classes. It is your responsibility to cancel the standing order if you leave the club. Refunds will not be given if you do not cancel it. We ask for a month’s notice if you choose to leave. All fee’s must be paid on the 5th of each month. Any late payments will incur a £10 late admin fee and can risk your gymnast’s space in the club.**

**Gymnastricks’ Data Protection (GDPR):** **we will use your information provided above fairly and lawfully and only for contacting and informing you about Gymnastricks. We will contact you on average once a week with weekly updates. We update our data and remove people who have left as often as we can. All data is kept safe and secure. Any payment information is kept until the end of the financial year and for finance purposes only.**

**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. All qualified coaches are insured through IGA and all gymnasts must be insured within 2 weeks of joining the club.

**Viewing sessions:** Any child under school age (Pre-school sessions) must have a parent/guardian with them during the session. For any school aged child, we do not have viewing capacity. You may come in to watch your child’s first session and there will be times throughout the year where you will be invited in.

**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 speak to a coach in the gym.

**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:**

* **You will be added to the mailing list, using the email you provided above, to be kept up to date weekly.**
* **Visit the Website** [**www.gymnastricksnorthampton.com**](http://www.gymnastricksnorthampton.com) **The news and events page has regular updates, term dates, calendar, cancelations 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:**

* **Gymnastricks Office Phone (new enquiries, absences, questions): 01604 587644**
* **Emergency phone numbers:**

**Flick – 07738235792**

* **Jess - 07715362865**