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.**

**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**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.**
* **I will set up a monthly standing order from my bank to the Gymnastricks account and not cancel this whilst my child is still training.**
* **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 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** | **4.00pm – 4.45pm Beginner**  **4:00-4:45pm Beginner**  **4.30pm-5.30pm Intermediate 5.00pm - 6.00pm – Intermediate/advanced 6.00pm - 7.00pm Advanced (squads)** |
| **Wednesday** | **5.30pm - 6.30pm Beginner/Intermediate**  **530pm-630pm Beginner/intermediate**  **5.30pm -6.30pm Intermediate 6.30pm - 7.30pm Intermediate/Advanced**  **7:30pm-8:30pm Advanced(squads)** | **N/A** |
| **Friday** | **5:30pm - 6:30pm Beginner 5:30pm - 6:30pm Beginner/intermediate**  **5.30pm – 6.30pm Intermediate**  **5.30-6.30 – Intermediate - Advanced 6:30pm - 7:30pm - Intermediate**  **6.30pm - 7.30pm - Advanced** | **N/A** |
| **Saturday** | **9:00am - 9:45am TumbleTricks 9:00am - 9:45am Reception aged**  **9.30am - 10.30am - Advanced 10.30am - 11.30am  - Beginnner/intermediate 10.30am - 11.30am  - Acro and pre-squad 11.30am - 12.30am - Squad 12.30am - 13.30pm – Squad** | |  | | --- | | **N/A** | |  | |

**Cost…**

**It’s £5 a trial and if you enjoy it, you will need to set up**

**A Standing order of…**

**One session a week: £18.00**

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**Two sessions a week (per family): £32.00**

**Three sessions a week (per family): £41.00**

**Four sessions a week (per family): £55.00**

**Five sessions a week (per family): £69.00**

**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 unless Gymnastricks cancelled the classes.**

**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.**

**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:**

* **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, calender, 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 Mobile (new enquiries, absences, questions): 07592173013**
* **Jane (Head coach) – 01604 830802**
* **Flick (bitesize and camps) – 07738235792**
* **Jess (pre-school and squads) 07715362865**