



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 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 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 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 15 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.

Day	Time	Grade	Class Description
Monday	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)
	10.15-11.00	Pre school	3-4 yrs This 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)
	4.00-4.30	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).
	4.30-5.15	Grade 1-5	Beginner-intermediate school age classes
	5.30-6.15	Grade 1-5	Beginner – intermediate school age classes
	5.30- 6.15	NO GIRLS ALLOWED!	Boys only class
	6.30-7.15	Grade Bronze+ Juniors	Intermediate to advanced gymnastics for gymnasts at primary school.
Tuesday	7.30-8.15	Grade Bronze+ Seniors	Intermediate to advanced gymnastics for gymnasts in secondary school or beyond.
	4.00-5.00	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).
	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.
	7.00-7.45	Pre-Squad	These are for our Pre-squad gymnasts. We trial every may/June for these spaces
	3:45-4:30	Pre school	3-4 yrs This 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)
Wednesday	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 Bronze+ Juniors	Intermediate to advanced gymnastics for gymnasts at primary school.
	7.30-8.15	Grade Bronze+ 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	1.00-1.45	Tumbletricks/preschool	Walker – 3 yrs and 3-4years This class works for a family with younger gymnasts and pre-school age gymnasts. The younger gymnasts have time to explore the gym whilst the preschoolers get a more structured approach within the same class.
	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).
	4.30-5.15	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 Bronze+ Juniors	Intermediate to advanced gymnastics for gymnasts at primary school.
	7.30-8.15	Grade Bronze+ Seniors	Intermediate to advanced gymnastics for gymnasts in secondary school or beyond.
	9.00-9.45	Pre school	3-4 yrs This 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)
	10.00-10.45	Grade 1-5	Beginner-intermediate school age classes
	11.00-11.45	Grade Bronze+ juniors and seniors	Intermediate to advanced gymnastics for all ages
	11:00-11:45	Accelerator Class	An invite only class to fast track gymnasts through grades. It works on a termly basis.
	11.45-12.15	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).
	12.30 – 3.30	Squads (inc minis)	These sessions are for our squad gymnasts. We trial every May/June for spaces to join our performance squads.
	4.00-7.00	Party booking times	Parties available: please contact a coach
Sunday	10.00-11.00	Family Gym	A time for families to explore the gym together <i>£3 each or £10 for a family of 4 pay as you go</i>
	11.15-12.15	Open Gym	This is a time for gymnasts to enjoy the gymnastics facility with free rein. (A disclaimer will need to sign by an adult at the start of this class) <i>£5 pay as you go (when restrictions allow)</i>
	1.00-5.00	Party booking time	Parties available: please contact a coach

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 per month

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

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

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

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

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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. 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.

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 The news and events page has regular updates, term dates, calendar, 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:

- Gymnastricks Office Phone (new enquiries, absences, questions): 01604 587644
- Emergency phone numbers:
 - Flick - 07738235792
- Jess - 07715362865