



Frequently asked Questions

What happens at the first class?

- Please arrive approximately 5-10 minutes before the class to ensure your child is on time to start promptly.
- Uniforms are not compulsory, just loose clothing, hair tied up and no jewellery.
- Come and see us at the office where we can take payment for the taster session and let you know who your child's coach will be.
- If your child is particularly apprehensive about starting their class you are more than welcome to stay and watch the class in our viewing area.
- At the end of their session come and see us back at the office and we can let you know how to proceed with classes in the future.

How do I know my child is in the right class?

- We assess your child's ability throughout the term and work towards badges in the spring and summer term.
- If your child does need to change class we will contact you.

Can my child do more than 1 class a week?

- Of course, as long as we have space then you can join another class, payment for the term will just need to be made.

Do the children follow an awards scheme?

- Yes! All gymnasts follow a progressive bespoke award scheme, where they receive a badge and certificate once the level has been completed. The badge system has been developed by leading world class gymnastics coaches.
- Alongside the badges gymnasts can achieve a gymnast of the week certificate for their progress or effort in the gym.



My child has already done gymnastics can they join?

- Yes, during their first session they will be assessed to see if the class level is suitable for them. We will let you know at the end of the session if changes need to be made.

My child has a disability, can they come to classes?

- We endeavor to offer classes for everyone!! Please contact us on 01442 230077 and we can discuss the most suitable class for your child.
- Please remember to inform us of ALL medical conditions

What happens if we miss a lesson?

- If you miss a session due to serious medical reasons or injury and we are informed ahead of time we can credit those missed sessions for the next term.
- Unfortunately if a class is missed for any other reason, the session will be un-abled to be reimbursed.

Can I change the class that I have selected for my child?

- Yes of course depending on availability, or we can put them on the relevant waiting list.

What happens if a class is cancelled?

- If we inform you that a planned class is cancelled, our main priority will be to re-schedule that class you will be informed of when that make up session will happen.

What if I can't make the rescheduled session?

- Unfortunately if you cannot attend the rescheduled/make up session, the session will be un-abled to be reimbursed or carried forward.



How will I know when my child is ready to move into the next level of class?

- Your child will be regularly assessed and monitored by our fully qualified coaches and our office team will inform you when your child is ready to move up.

Do I have to stay with my child when they are in a class?

- Parents of pre-school aged children are expected to stay however in all of our after school classes, you are free to leave them here, just double check your contact details are up to date at the office.

What is British Gymnastics Membership/Insurance?

- A club can only register with British Gymnastics if they meet a high standard of operating in a safe, child-friendly environment, with coaches qualified to national standards.

What does it include?

- Comprehensive Insurance Package.
- Personal accident cover
- Discounts and special access to tickets for British gymnastic events
- Discounts on GymShop via the British Gymnastics website
- Discounted admission to Merlin destination such as LEGOLAND and Madame Tussauds – please check T&C's on British Gymnastics website
- Special rates with IHG hotels across the UK

Can I suspend my BG membership or take a break for holidays?

- Unfortunately British gymnastics membership is non-refundable.

Can a non-member attend a class?

- Non-members cannot attend our structured class but depending on the age of your child we do have either drop in sessions or holiday classes where your child can attend without signing up.