



WELCOME INFORMATION

Thank you for choosing to enroll your child into a class at Gymtastic. We hope your child's time with us is enjoyable.

HOW TO KEEP YOUR CHILD'S SPACE SECURE

To keep a space secure, a top up **must** always be made using your online portal (homeportal) **BEFORE THE START** of your child's **last** allocated class. If payment is not received **BEFORE** the start of class our system automatically releases the space for re-booking. Our system will send weekly email reminders once your child's account drops to 2 classes remaining.

You have the option of topping up your account by 8 or 12 weeks of classes.

'Top up' payments are non-refundable. Refunds will not be given if sessions are missed due to illness, injury or any other reason. In the event we are required to cancel a lesson, we have the right to offer a replacement session on an alternative date and time.

If a gymnast is off for 4 or more consecutive weeks, and we do not receive email communication, we will presume the member is not returning and we reserve the right to release the space.

Link to members portal (or scan QR code) - <https://gymtastic.courseprogress.co.uk/>



NEWSLETTER

We publish a quarterly newsletter; we strongly recommend that you download and read these. Our newsletters contain important class information, such as details of club events, yearly competitions, presentation/open weeks, fundraising events, holiday closures etc. The latest newsletter is available to download from our members webpage - <http://www.gymtastic-scotland.co.uk/membersarea.html>

CORRESPONDENCE/COMMUNICATION

Email is our preferred way of communication. Please make sure our emails are not being sent to your spam/junk folder. You must provide a valid email address when registering your child. We also ask that parents follow us on Facebook for more information regarding our classes/activities. To find us on Facebook please visit our website and follow the link.

Glasgow: <https://www.facebook.com/people/Gymtastic-Glasgow/61557386960152/>

PERMISSION TO PHOTOGRAPH/VIDEO

By booking your child into one of our classes you grant permission for coaches to photograph/video your child and understand that any photographs/videos may be used for advertising purposes, including online platforms. If you do not wish for your child to be photographed/videoed please email to inform us.

PERMISSION TO ARRIVE/LEAVE UNACCOMPANIED

All children under the age of 16 must be dropped off, and collected from within the centre. If you wish to give permission for your child to arrive/leave unaccompanied please email us.

CCTV

All our gymnastics areas are covered by CCTV, this is for security and monitoring purposes.

HOLIDAYS

We close 4 weeks throughout the year, 1 week in April, 1 week in October and 2 weeks over Christmas and new year. Our classes run as normal during the summer; however, we offer 2 planned absences to cover family holidays.

OUR GYMNASTICS PROGRAMME/SYLLABUS

Each of our class levels have a set syllabus designed to allow the gymnasts to progress and improve at their own rate. As the gymnast progress, they have the opportunity to attain award's/certificates. Once a gymnast has attained all the awards covered within a class level, they are invited to progress to the next stage of class. You can track your child's progress through our award scheme using your members portal. For more information on our awards etc. You may see our coaches using phones/tablets, please be assured this is for coaching purposes only. Our registers and assessments are done using mobile devices.

CLOTHING

Gymnasts attending preschool or one-hour classes can wear T-shirt & shorts/trousers but are more than welcome to wear a leotard if they have one. Gymnasts training for 2 hours or more must train in a leotard.

We have clothing available to purchase, please follow the link or scan the QR code:

<https://form.jotformeu.com/neil12/gymtastic-uniform-order>



GYM RULES

- DO NOT ENTER THE GYMNASTICS AREA/GO ON ANY EQUIPMENT UNTIL INVITED BY A COACH
- PARENTS SHOULD ACCOMPANY CHILDREN INTO TRAINING VENUES TO ENSURE A COACH IS PRESENT AND THAT THE SESSION HAS NOT BEEN CANCELLED
- PARENTS MUST BE ON TIME TO COLLECT THEIR CHILDREN
- FEES AND OTHER PAYMENTS MUST BE KEPT UP TO DATE TO AVOID DISTRIBUTION TO TRAINING
- YOU MUST INFORM US OF ANY CHANGES TO YOUR CHILDS EMERGENCY CONTACT DETAILS
- PARENTS WHO STAY WHILST CLASSES ARE IN PROGRESS MUST WAIT IN THE DESIGNATED WAITING AREAS
- ENSURE YOUR CHILD HAS BEEN TO THE TOILET BEFORE CLASS
- GYMNASTS MUST BE SUITABLY DRESSED FOR THE ACTIVITIES (no dresses/jeans etc)
- LONG HAIR MUST BE TIED BACK
- NO JEWELLERY CAN BE WORN (new piercings must be taped until they can be removed)
- NO SHOES CAN BE WORN IN THE GYMNASTICS AREA
- NO EATING IN THE GYMNASTICS AREA
- GYMNASTS MUST BE FIT TO ATTEND, CHILDREN SUFFERING FROM AN ILLNESS OR INJURY SHOULD NOT ATTEND
- NO BULLYING WILL BE ACCEPTED (Treat people the way you wish to be treated)
- GYMNASTS SHOULD ALWAYS LISTEN WELL AND TRY THEIR BEST
- STAFF AND CENTRE PROPERTY SHOULD BE TREATED RESPECTFULLY. ABUSIVE BEHAVIOR TOWARDS STAFF WILL NOT BE TOLERATED. DAMAGE TO EQUIPMENT WILL BE CHARGED FOR. (
- MEMBERS ARE ENCOURAGED TO SUPPORT FUNDRAISING AND SPECIAL EVENTS

GYMTASTIC PARTIES

Members will receive a £10 discount when booking a party at Gymtastic! For more information on our parties please check our website.

Penicuik – <http://www.gymtastic-scotland.co.uk/penicuikparties.html>

Broxburn - <http://www.gymtastic-scotland.co.uk/broxburnparties.html>

Glasgow – COMING SOON, please enquire by emailing glasgow@gymtastic-scotland.co.uk

CONTACT US

Members website: <http://www.gymtastic-scotland.co.uk/membersarea.html>

Gymtastic Glasgow, 10 Avenue Street (first floor) Calton Glasgow G40 3SA Email: glasgow@gymtastic-scotland.co.uk

Grievances should be emailed to: manager@gymtastic-scotland.co.uk

Thank you again for choosing to enroll your child into our classes!