

Parent Pack

Included below is all the information you need to know about the holiday club. If you need any further information please don't hesitate to ask!

General Information

Rules:

- **Children must be aged between 4-11 years; a child's proof of age may be required upon request. We reserve all rights to refuse entry.**
- **Long hair must be tied back.**
- **No jewellery to be worn.**
- **All children must be toilet trained.**
- **No offensive language or behaviour will be tolerated towards staff or any other participants, any behaviour of this type can result in you being asked to leave.**
- **Holiday Club spaces are non-refundable due to organisation of space & coaching ratios, spaces may be transferred at OUR discretion.**
- **This is a fun based gymnastics club, not a development camp.**

For younger children, we may, upon assessment, decide that the club is not appropriate and will liaise with parent/guardian to discuss this. Children can wear leotards or shorts and t-shirts. Please send them with a packed lunch and a drink in a bag or lunch box (**this should contain no nuts**). There are water fountains at the gym so that they can refill bottles. If your child requires medication of any sort (asthma inhalers etc.) please put them in a clearly labelled box or bag and make us aware so that we can access them if or when needed. Please note, whilst all our activities are fully supervised, all participants must be able to follow instructions, to avoid any safety issues arising.

Running Times

The club runs 10am-3pm. Please arrive promptly at the beginning (as it is important to warm up) and at home time as the gym must be prepared for evening classes!

Schedule

An example of a day at holiday club;

Fun time warm up!

Gymnastic circuits and activities using some exciting equipment!

Apparatus time (bars, beams, floors, vaults, fast tracks, rings- differs each day)!

Chill down time (before lunch)!

Lunchtime!

Chill up time (while our dinner goes down-play gym and trampolines-differs each day)!

More Apparatus time!

Cool Down time

Presentation time!

Home!

Each day there will be a chance to win stickers and certificates for special achievements!

Please pay in **advance** at reception when handing in the application form (attached) i.e a minimum of 1 day before the chosen session/s so we can anticipate the number of coaches required to provide excellent coaching ratios!

Contact Information

Heathrow Gymnastics Club

0208 569 5069

Aibhlin McAvera (**FOR EMERGENCIES ONLY**)

07960 568 754

Gymnast Information Form

Please fill out in **block capitals and return to reception;**

Dates of Holiday Club you wish to attend:

Name: _____ - _____

Age: _____ D.O.B: _____

Any medical conditions/allergies:

Parent/Guardian contact information:

Name: _____ - _____

Relationship to child: _____

Contact numbers:

Home: _____

Mobile: _____

Emergency contact if unable to contact parent/guardian:

Name: _____

Relationship to child: _____

Contact numbers:

Home: _____

Mobile: _____

Warning Notice

As the parent/guardian of the above, I hereby consent to their participation in the programme offered by Heathrow Gymnastics Club. I recognise that potentially severe injuries can occur in any activity involving height or motion including gymnastics. **I UNDERSTAND & ACCEPT THAT RISK.** I also realise that the above will be training on all gymnastic apparatus and training devices. The club will exercise all reasonable care in the supervision of programmes and requests your co-operation in bringing to its notice any signs of stress or injury to the names above arising from activities within the club.

I confirm that the above personal details are correct and I confirm that I have read the above notice and agree to its terms.

Signed: _____ **Date:** _____