

MEMBER HANDBOOK



ORGANISATION DETAILS

North Birmingham Community Gymnastics
Charity Number 1172086 (Erdington Gymnastics Club)

Unit 1A CFS Business Park,
Coleshill Road,
Sutton Coldfield,
B75 7FS
0121 679 8632

Welcome to NBC Gymnastics!

North Birmingham Community Gymnastics is a special place that brings together years of experience, fantastic equipment and the belief that everyone can achieve in and benefit from the sport of gymnastics. Our aim is to offer all children the opportunity to take part in gymnastics using equipment that the highest level gymnasts use.

Please take the time to go through the handbook as you should find all the information you need. If you have any queries or need any further explanation, please email on info@nbcgymnastics.co.uk.

Once again welcome to NBC Gymnastics and we look forward to meeting you.



| CONTENTS |

Page 2	About NBC Gymnastics
Page 4	Programme and Classes
Page 11	Camps and Events
Page 12	Award Scheme and Progression
Page 14	Parking Code
Page 15	Administration and Club communication



INTRODUCTION

ABOUT NBC GYMNASTICS

NBC Gymnastics History.

NBC Gymnastics started out in Erdington and is one of the oldest gymnastics clubs in the country, it was formed in 1890 and was known as Erdington Athletic club.

As we moved into the 1960s and 70s, the club was renamed 'Erdington Gymnastics Club' and had lots of success at local competitions. The club at this time became affiliated to the West Midlands Amateur Gymnastics Association and the Amateur Gymnastic Association of Great Britain.

The club has trained at both Stockland Green and Greenwood Academy in Castle Vale, and in 2017 due to Greenwood Academy being redeveloped the decision was made to develop a dedicated facility where the club could expand. A new inclusive gymnastics programme was set up in Sutton Coldfield and renamed North Birmingham Community Gymnastics!

NBC GYMNASTICS IS A REGISTERED CHARITY OPERATING SOLELY FOR THE BENEFIT OF USERS.



NBC Gymnastics Club Ethos

The emphasis within the club is based on personal achievement. We believe that all children and young people gain the most from their sport if they are surrounded by peers of a similar ability in an environment where their personal achievements are recognised and praised regardless of level, ability or disability. Gymnastics is a hobby not a career and should be fun and enjoyable, the main aim is to keep children fit, and active and to make friends.

NBC Gymnastics runs classes for children from a few months old right up to age 18 and has a wide variety of classes to suit most ability levels.

NBC Gymnastics set up, apparatus and equipment

NBC Gymnastics has 2 fabulous gyms, a sensory room and a climbing space.

Main Gym

This fabulous space has competition standard equipment that can be used by all levels of gymnasts. Asymmetric bars, beams, sprung floor, vaults, fast track, trampoline and much more. It also has foam pits for learning more advanced moves or just for fun!



Mini Gym

A colourful space mainly for children under 8, it has all the fabulous equipment of the main gym but at a height more suitable for younger children.



Benefits of Gymnastics

Gymnastics training is the perfect foundation for any sporting activity, helping to develop fundamental motor skills, balance, and co-ordination. Children's gymnastics is an activity that involves body control, flexibility, coordination, and strength. It requires dedication and practice in order to learn all the different elements of gymnastics. The goal of gymnastics is to develop physical and cognitive skills while having fun.

Gymnastics classes also provide children with the opportunity to communicate with other children of a similar age, to work together with them in a team, and to engage with other adults. Some of the core skills included in gymnastics are listening, following directions, taking turns, being quiet, and respecting others. Furthermore, the mental focus required during some of the higher-level gymnastics moves teaches children discipline that can be applied in other areas of their lives such as school or sports.

Not all children can achieve high level gymnastics but they can enjoy gymnastics at any level.

PROGRAMME AND CLASSES

PRE SCHOOL CLASSES – age 1-4 (45 Mins)

(Parent/Carer accompanied)

Pre-school classes start with a warm up with the coaches then children explore the apparatus. Activities are suggested by the coaches who are there to encourage the children but the sessions are not structured classes due to the age of the children. Parents/Carers must be actively involved in the session with their child and we ask you not to use your mobile phones in the session.

(A younger sibling is allowed to attend if they are not old enough to take part but only one adult per paying gymnast unless permission has been given by the lead coach)



Bunny Fun age 18m-3yrs (45 Mins)

A great fun class which offers a range of experiences. Classes start with sensory fun on the floor, including singing, musical instruments, dancing, balancing and jumping to name a few. Once all the floor fun is done the children then move onto the gymnastics equipment to help develop balance, agility and co-ordination. This class is a great introduction to gymnastics.

Fees £33.50 per month

Bunny Hops age 18m-4yrs (45 Mins)

All the things that little people love: climbing, jumping, swinging, rolling, we could go on and on!

Vaulting, bar work, trampoline, balance beam, rings and much more. Gymnasts get to use all our mini equipment specially designed so they can then progress to the large apparatus when they are confident.

Fees £33.50 per month

Bunny Bounce age 2-4yrs (45 Mins)

All of the fun of Bunny Hops plus time on the trampoline, springy children will love this class.

Fees £33.50 per month

Children who are in one of our Pre-school classes progress to Mini Gym when they approach reception age.

MINI GYM AGE 4 - reception (45 Mins)

(Independent)

This is the class where we start our structured programme and children learn to become independent from their parent/carer and work closely with their coach. Gymnasts will learn all the basics of gymnastics in a safe environment using a range of exciting equipment.

An ideal starter class to improve gross and fine motor skills, balance, agility, speed and co-ordination. Swinging on bars, bouncing on trampolines, learning rolls and cartwheels on floor and tackling the vault! Learn with our friendly, patient coaches on a huge variety of exciting equipment. Children taking part in Mini Gym will get the opportunity to work towards our own NBC Countdown to Colours award scheme.

Fees £37.50 per month



FUNDAMENTALS AGE 6-10/11 (60 MINS)

(Independent)

Ideal for children aged 6 to 10/11, coaches will guide your child through exciting sessions using the same equipment that elite athletes use. We have top of the range apparatus, including an Olympic sized sprung floor, trampoline, fast track, tumble track, bars, beams, vaults and foam pits.

Children will take part in a warm up before being split into smaller groups with children of a similar ability and age to them. They will normally work on 3 pieces of apparatus per session per week ie Bars, Beam and Vault or Floor, Trampoline and Fast Track, this means they work wherever possible on all apparatus over a 2 week period.

At NBC Gymnastics we believe that children enjoy their sport most and feel a greater sense of reward at their achievements when working at just the right level for them with children they can get to know as friends. After a first few weeks' initial introduction to classes, your child will have a regular coach and regular group that they work with. Children taking part in Fundamentals Classes will get the opportunity to work towards our own NBC Colours award scheme.

Fees £37.50 per month



CHEERLEADING WITH GYMNASTICS AGE 6+ (60 MINS)

(Independent)

Our experienced cheerleading coaches compete regularly at national level. They bring cheer to NBC Gymnastics in a fun and exciting programme that combines all the great stuff about cheer.

Tumbling, stunts, jumps, routines and fantastic music await those who sign up for this popular class. Learn how to work as a team to create stunts and pyramids, put together routines to perform at displays, and keep fit in the happiest way possible. Children attending this class also work on their gymnastics skills on Floor, Trampoline, and Fast track. Aimed at children aged 6-16. Those attending our Cheer classes get to work towards our own NBC Colours Awards.

Fees £37.50 per month



HOME EDUCATION CLASS AGE 5+

(Independent)

A small day time class for children aged 5+, coaches will guide your child through exciting sessions using the same equipment that elite athletes use. We have top of the range apparatus, including an Olympic sized sprung floor, trampoline, fast track, tumble track, bars, beams, vaults and foam pits.

Children will take part in a warm up before being split into smaller groups, they will work on 3 pieces of apparatus per session per week ie Bars, Beam and Vault or Floor, Trampette and Fast Track, this means they work wherever possible on all apparatus over a 2 week period. The groups in the Home education class tend to be a little more mixed age and ability as there are fewer children in the session. They are ideal for children who need a quieter environment and those who need a little extra support. Children taking part in Home Education classes will get the opportunity to work towards our own NBC Colours award scheme.

Fees £37.50 per month



CORE AGE 11+ (60 MINS)

(Independent)

If you are of Year Six or secondary school age then our Core classes are for you. Whether you are a complete beginner, a dancer, or have done gymnastics in the past, you are sure to enjoy our Core classes. Use our fantastic equipment to have a go at floor work and tumbling, bar and beam work, vaulting and lots more.

One of our main focuses at NBC Gymnastics is keeping our Young People in sport and involved in organised activities. These classes have been designed to give our older children and teenagers much more ownership over their own training and development. Guided by qualified coaches there will be much more flexibility into what they want to experience and get out of their sessions. Suitable for both boys and girls, this class offers a multitude of opportunities to keep young people engaged and enjoying gymnastics.

If participants wish to take part in NBC Colours awards during these sessions there will be ample opportunities to do so, but no pressure!

Fees £37.50 per month



IN 4 GYM (45 MINS)

The vision behind NBC Gymnastics was one of a centre that provided the best equipment and facilities for all children and young people regardless of their ability or disability. We believe gymnastics and the use of rebound equipment can be beneficial for so many parts of your child's development and enjoyment.

Our facility has been designed with both ambulant and non-ambulant people in mind. We have a fantastic raised podium with trampolines and foam pits which is fully wheelchair accessible and we also have a great changing places facility and hoist system within the gymnasium.

NBC Gymnastics has many children with additional needs in our mainstream Preschool and Fundamentals/Core classes, however **In 4 Gym** offers specialised group disability sessions in small groups. Parents/carers and support workers are able to attend with the child if they wish.

Our staff are trained in disability gymnastics, Makaton, Rebound Therapy and Paediatric First Aid.

Fees £33.50 per month



1:2:1 IN 4 GYM (45 MINS)

NBC Gymnastics also offers a 1:2:1 programme for children with additional needs, this runs during the weekdays. Parents/Carers and support workers are welcome to attend if they wish. We ask that if you cannot attend your session that you let us know in advance.

If you feel that you would like to know more about our In4Gym sessions please email Libby using info@nbcgymnastics.co.uk

DEVELOPMENT (90 MINS)

(Independent)

We select children from all our recreational classes to move into the 90 minute development classes, these gymnasts will have shown excellent progression for their age, a commitment to their conditioning and fitness and good work ethic. The development classes are 90 minutes long and enables the gymnast to spend more time on apparatus so they can develop their skills further.

These classes are by invitation only.



COMPETITIVE (UP TO 4 HOURS)

Children are trialled and selected from our recreational and development classes to join our competition groups.

These gymnasts must demonstrate progression above their age group, a high level of commitment to their training and conditioning and excellent team spirit. We offer several different competition pathways and this can be an exciting and fulfilling gymnastics experience.

These classes are by invitation only.



CAMPS AND EVENTS

CAMPS

In addition to the many sessions we run, we also offer holiday camps during most school holidays. Ideal for keeping bored children busy, they are great for improving skills, fitness or just for having fun. We have fitness challenges, gymnastics games, skill advancement and plenty more. Ideal for all levels and participation is optional.

INVITATIONAL DAYS

If children are doing well in their session or simply have been working extra hard we run invitational 2 hours sessions. Children work with the senior coaches and have some free time on the apparatus. Participation is optional.

MINI GYM DISPLAY

A fun event run once a year where the younger children show their adults the skills they have been working on. Parents can then help their child on the apparatus at the end of the session. Participation is optional.

CLUB COMPETITION

All children irrespective of level get to work their routines for the club competition run once a year, with no pressure and lots of fun. This is our main event in the year and there are prizes, raffles and refreshments, all proceeds from any event we run go towards the running of the gym and providing equipment for the children. Please note that places at the club competition are offered to all gymnasts age year 1 and over but there are limited places so it is first come first served. Participation is optional.

Please note that we occasionally have to cancel normal sessions to run these events, we try to keep the disruption to a minimum but make up sessions are offered for any cancellation of classes.



AWARD SCHEME AND PROGRESSION

CLASS PROGRESSION

Gymnasts work on all apparatus to achieve a base layer of fitness and skills, some gymnasts will be able to achieve harder skills given time. An hour or two a week is not a long time to learn any sport to a high level so please be realistic about children's achievements within the time frame. Your child will have the same coach for most of their sessions, this enables them to build a positive relationship and for the coaches to ensure that the children are following the correct progressions. The most important thing is that your child enjoys their class, keeps active and makes friends.

The coaches will notify you when they think that it is the right time for your child to move class. Gymnasts move classes for several reasons, it may be that the group has developed in quite different ways, the children may be too old now for that class and will benefit from working with older children or perhaps a child would particularly benefit from working with one particular coach. If you need to change your child's class for any reason then please email info@nbcgymnastics.co.uk and we will endeavour to accommodate your request, please note that if that class is full you may be added to the waiting lists

FEEDBACK

We do not report on children as this is a hobby not school, but you are more than welcome to ask your child's coach how they are progressing and they will be happy to give you feedback. Remember gymnastics is a challenging sport and children will progress at different rates and have different ability levels. The type of gymnastics we teach aims to improve children's fitness, co-ordination, flexibility and strength; they will need to work on all these areas before they can learn gymnastics skills.

The class ages are guidelines so we ask you to work with us when we suggest a move so that your child can continue to develop well.

TALENT IDENTIFICATION

The club is committed to providing as much opportunity for children in local areas to take part in gymnastics as we possibly can. The club is very much recreational and participation based and your child will learn the basics of the sport in a fun and safe environment. Many children will go to achieve more complex and challenging skills but this does not suit all children. Most children progress well in our hour-long sessions and can achieve a wide variety of skills on a variety of exciting apparatus.

We are very keen to develop all gymnasts and some may benefit from longer sessions if they are performing above average in the hour-long sessions. These gymnasts may be invited into our 90-minute development classes or into the competition groups who currently train up to 4 hours per week.

If we feel a gymnast would be happy competing at a higher level, then we will refer you to a club that trains at Elite level. If your child chooses or is chosen to move to another club, we would like to stress that they are always welcome back at NBC Gymnastics.

AWARD SCHEME - NBC GYMNASTICS COLOURS

At NBC Gymnastics we help our gymnasts to achieve by working on our own rewards system: NBC Gymnastics colour awards. The NBC Gymnastics colours reflect the colours of the rainbow and the gymnasts need to achieve 7 of the 10 skills to achieve the colour. Once they have finished level 1 rainbow, they can then progress to level 2. As the level's become more difficult, they will take longer to achieve and will require determination and hard work from the gymnasts.

What do they learn?

NBC Gymnastics colours is a flexible award scheme designed to encourage fitness, strength and flexibility using gymnastics apparatus. Gymnasts work on a variety of skills on each colour and can adapt them to suit their own progress. They can stick with the level stated on the colour or can upskill it to make it harder if they choose.

Gymnasts start with learning their basic shapes, jumps and preparation skills alongside fitness, strength and flexibility. As they progress through the colours they build on their basic skills on all pieces of apparatus. Gymnasts may then progress on to more advanced skills such as back flicks, handsprings and somersaults plus more complex vaults, bar skills and beam routines.

NBC Gymnastics colours reflects the child's own personal progression and is not solely about achieving skills.

How often will they achieve a skill?

Children progress at different levels and do not have the same level of ability so this will vary from child to child. Although the awards are there for the gymnasts to aim for, they are not the sole purpose of our programme; the purpose is to teach them the basics of gymnastics in a structured environment so that they can build upon and use these skills in the future.

We also have certificates to reward individual children for hard work or achieving a new skill.

How often do you do awards?

We work on our NBC Colours and routines all the time and they are awarded approximately twice a year. Participation in NBC Colours is mandatory for all children in Mini Gym, Cheerleading, Fundamentals and 90 minute classes, gymnasts in the Core sessions can choose if they wish to work on Colours.

Award payment

Payment is taken automatically through the online payment system for Colours and currently is £5, you will be notified before this is taken. If your child is in Core or In 4 Gym classes then you will receive an envelope when your child has done a Colour. Please place the money in the envelope and return to reception.

Colours will be issued when they have all been ordered and written, this is usually 4-6 weeks after the final assessment session.



PARKING CODE

Parking, Drop Off and Collection

We have 2 small car parks that are shared with other businesses, therefore please only use the car park next to the entrance your child has been allocated. This is a shared site and if we are not respectful of other companies' car parking spaces, we will be asked to vacate the premises. It is much better and less stressful to park off site and walk or to drop and go.

- When dropping your child please make sure they are handed to a member of staff, they are not the club's responsibility until they have been marked on the register.
- When collecting your child you must park and walk to the door so we can hand your child to you, do not sit in or stand by your car and expect them to walk over. We will keep your child in the building until you collect them from the door.

Front car park and front door

- Please only park in NBC spaces until after 6 in the evening, on a Saturday you may park in the Trinity learning college spaces also. Always follow the one way system which is IN on Coleshill Rd and OUT via the side to the service rd.
- The front door is accessed via the car park on the main road and is open at the beginning and end of the gymnastics session. If you are late or decide to leave and then come back to the gym in the middle of your child's session then you will not be able to gain access until the end of the session. Please be aware that coaches are busy with their groups and cannot answer the doorbell.

Rear car park and rear door

- Please only park in NBC spaces until after 5.30 in the evening when you may park in EH Smith spaces. You may also use EH Smith spaces after 12.30 on Saturday. You cannot park in the blood bank spaces at any time as they always need access.
- You may park for a maximum of 5 minutes in the hatched area to pick up or drop off your child. DO NOT PARK THERE FOR LONGER.
- There is usually access to the waiting area at the rear of the building at all times, however if you are late for your session and no one is on the desk you may have to wait to be let in.

NBC Gymnastics is like school! Lots of children and limited parking so please help us by parking respectfully, safely and please drive slowly. If you can park away from the gym or drop and go it helps enormously.

Please do not embarrass our staff or our neighbours by parking incorrectly as they will then ask you to move.

ADMINISTRATION & CLUB COMMUNICATION

We send out ALL updates by email so please ensure you have your up-to-date email on the system and you check your inbox and junk mail regularly. When we send an email the system will note when it is delivered and if it has been opened, this helps us keep track of our communication. We cannot accept responsibility if members do not read their emails and this may mean missing out on camps and events and we cannot refund fees if you do not keep us informed of cancellations.

If you have any queries please contact us by email on info@nbcgymnastics.co.uk

We do not have staff to answer the phones all the time as they are mostly coaching the children, you will receive a faster response if you send an email.



Email: info@nbcgymnastics.co.uk



Website: www.nbcgymnastics.co.uk



facebook.com/NBCgymnastics

NBC Gymnastics is a registered charity and many of our staff do a huge amount of voluntary hours, if you have any queries then please let us know and we will be happy to answer them as soon as we have time.

We look forward to seeing you soon.

**North
Birmingham Community Gymnastics**

NBC IMPORTANT INFORMATION

| HOUSEKEEPING |

Attire

- Appropriate clothing must be worn – **this should be a leotard and shorts or leggings**. However if your child is a beginner or they struggles to remove a leotard when going to the toilet, then a **close** fitting t-shirt and leggings/joggers/shorts are allowed. **Inappropriate** clothing includes but is not limited to: denim, skirts, tutus, and items with zips and tassels. We suggest that you do **not** buy leotards from Amazon or Temu as they can be poor quality and unsuitable for gymnastics, we hold a stock of leotards that may be suitable or we can advise you where to purchase an affordable good quality leotard.
- Clothing should be appropriate for the weather, ensure your child is warmly dressed to arrive at the gym in cold weather and is not over dressed for summer. We prefer gymnasts **not** to wear crop tops.
- **All gymnasts in the 90 minute and competitive sessions should wear a leotard for training.**
- **No** jewellery may be worn whilst participating in gymnastics in line with British Gymnastics' jewellery policy. If you have religious jewellery then it needs to be taped over.
- Long hair must be securely tied back.
- Gymnasts must have bare feet for gymnastics, we do not allow socks to be worn as they are a slip hazard on apparatus.
- No belongings are allowed in the gym, this includes mobile phones. Please be aware that as there are no lockers in the changing rooms we strongly advise leaving valuables at home. The club will take no responsibility for lost or stolen items.
- No food or chewing gum is allowed in the gym.
- Gymnasts must bring water in a named reusable bottle, Air up bottles are not allowed.

Merchandise

Club uniform is not a requirement but a lot of members like to have some form of NBC Gymnastics attire. You can purchase NBC gymnastics leotards, t-shirts, hoodies and onesies in the gym.

(Up to date prices are available in the gym)



Lost Property

NBC gymnastics is not liable for lost property and does not accept responsibility for personal items left in the gym or waiting area. Lost property is disposed of at the end of each month. If you think your child has left something behind please come and check the lost property trugs which are at each entrance, please do not email.

Illness, injury and personal care

- If your child is injured, they should not attend training.
- Children should not attend if they are feeling poorly or have a persistent cough.
- If your child has Covid please do not attend until they are well.
- If your child has been sick or has an upset stomach then please do not attend for 48 hours after the last symptoms.
- Please ensure your child goes to the toilet before class.
- If your child has any medical conditions or additional needs, details must be filled in on their joining form so that the coaches can be made aware of how the session may need to be adapted.
- If your child uses an inhaler or EPI Pen, this must be brought with them to every session.

Waiting & viewing

- There is no need to stay with your child once they are settled as we run a drop and go system, however there is a small waiting area at the front and back of the building with viewing screens should you need to stay.
- The viewing screens show an over view of the gym, they are not able to show your child at every station.
- Please note we do not have public WIFI.
- With the exception of pre-school and In4Gym classes, **PARENTS ARE NOT ALLOWED TO ENTER THE GYM BEFORE, DURING AND AFTER SESSIONS.** If your child is particularly distressed or ill a member of staff will always come get you or contact you by phone.
- Siblings must always be supervised whilst using the waiting area, please do not allow them to climb on the chairs and tables or run around the waiting area.

Pre-school attendance

- Older siblings are **NOT** allowed in the sessions with the gymnast in any session. Unfortunately despite us asking repeatedly for them not to use the apparatus, these requests have been ignored and we have received many complaints regarding siblings behaviour.
- If you have a younger child in a baby carrier or sling then they may attend. Once a younger sibling is old enough to take part then please email the office to book them a place.
- Do **NOT** use your mobile phone in the session, this is for safeguarding reasons.
- One adult is allowed to attend with each paying child.

Fire and evacuation

If the fire alarm sounds please assume it is NOT a drill and follow the instructions below.

- The evacuation meeting point is outside the main shutter to the rear of the building.
- Children who in the gym will be evacuated by the Fire Marshals to the evacuation meeting point.
- Parents/carers who are viewing the session in the waiting area at the rear should leave by the nearest exit as advised by the Fire Marshal and meet at the evacuation point.
- Parents/carers who are viewing the session in the waiting area in the front should leave by the nearest exit as advised by the Fire Marshal and meet at the evacuation point and then walk along the walkway to the evacuation point at the rear of the building if safe to do so.

Toilets

Adults

- There are toilet facilities for parents at the rear of the building and there is a specially adapted Changing Place with hoist for adults and children with additional needs also at the rear of the building.
- There are **no toilets** for parents waiting at the front of the building but you are welcome to walk round the external pathway and use the toilets at the rear of the building. If you are attending a pre school class then there is an adult only toilet you can use.
- Please dispose of nappies in the nappy bin and **NOT** in the sanitary bin.

Children's Toilets & Baby Changing

- We have toilets for the gymnasts in the gym area so they do not need to exit the gym.
- If siblings need to use the toilets they should use the ones at the rear of the building in the waiting area.
- We have a baby change space at the front of the building in the disability toilet.
- You can also use the disability changing area at the rear of the building which has a large changing table.

Please do not use the normal toilets to change your baby and do not place nappies in sanitary bins as we supply a nappy bin in both changing areas.

Photography

- Please do not take photos or videos during any session. If you need a photo for a special reason such as a school project, please speak to your child's coach.
- We ask pre-school and In 4 gym parents/carers to put their phone away in their child's session, it distracts from assisting your child and there also may be children in your session who cannot be photographed.
- We follow strict guidelines and policies regarding the safeguarding of children and vulnerable adults. All policies are available to view on request.

MEMBERSHIPS

Club Membership

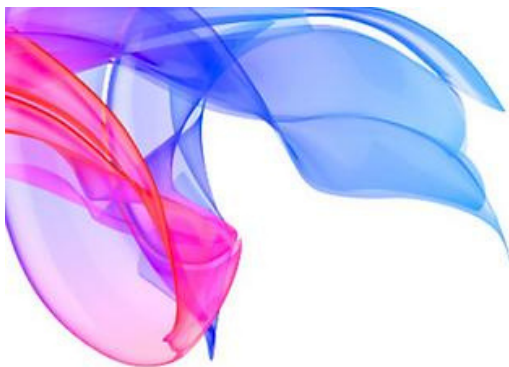
NBC Gymnastics charges a membership fee which goes a little way toward the running costs of the club, £22.50 for school age children and £17.50 for pre-school children and is usually payable when you start or in September and lasts until the end of August. This cost does come down if you join part way through the year.

If your child has their first session and decides not to carry on with gymnastics then this is fully refunded to you.

British Gymnastics Membership

NBC Gymnastics is affiliated with British Gymnastics (BG) which is the governing body therefore all gymnasts are required to become bronze members of British Gymnastics to provide them with insurance. The membership fee is approximately £24 for school age children and £18 for pre-school age. You need to be insured on your child's 3rd session. <https://www.british-gymnastics.org/memberships>

This process can take time but you will receive a membership number by email, you do not need to provide this to us as we will be notified by BG when you register. This membership provides a comprehensive level of insurance for the gymnasts and provides them with the opportunity to work in a safe and child friendly environment. If you have any questions or queries about the British Gymnastics insurance, please visit <https://www.british-gymnastics.org/memberships>



**British
Gymnastics**
More than a sport

PAYMENT INFORMATION

Class Fees

Fees are requested on the 1st of each month for the period 15th of that month to the 14th of the following month. They are payable by direct debit and this is set up when you register your child. There are some exceptions to this, for example if you have started at the beginning on the month you may pay at the beginning of the month for the month ahead.

When you are allocated a place you must log in to your account using the link and pre authorise your payments. **YOUR PLACE IS NOT RESERVED UNTIL PAYMENT HAS BEEN MADE.**

<https://app.loveadmin.com/Login/5175909B684F527FD8B68D4E30B672B5.htm>

You pay for 49 weeks of the year pro rata and we are closed Christmas period and one week per year for maintenance week, you will be emailed these dates. We are also closed Good Friday and a make up session is offered for this.

Example of fees:

Month 1 - Initial payment

Class fee £37.50 or £33.50 (Pre school or In 4 Gym)

Club Membership £22.50 or £17.50 (full year)

BG Membership £24 (school age) £18 (Pre school) (Payable on 3rd session to British Gymnastics)

Month 2

Class fee £37.50 or £33.50 only

Please remember that if your child decides after their first session that they do not wish to carry on then your class fee and membership is fully refunded.

Late Payment

If your payment fails to clear there is a late payment fee of £3, as we are charged by Go Cardless.

Class Cancellations and Refunds

Please read the below carefully, if you accept a place with NBC gymnastics then these terms are accepted:

Pre-school, In 4 gym and 1:2:1 sessions	If the club cancels a session then a refund will be given as we do not have other times for make-up sessions.
Mini gym, Fundamentals, Core, Cheer and 90 minute	If the club cancels a session then an alternative class can be taken in school holidays, you can choose any day Monday – Saturday and you can arrange a suitable time by emailing the gym on info@nbcgymnastics.co.uk . All make up sessions must be taken before September of that year. This cannot be taken as a credit for camp and refunds cannot be given.
Competitive Sessions	If the club cancels a session then we will endeavour to find an alternative but this is not always possible due to the length of the sessions. As they are subsidised by the club no refund is offered.
Absence and Holidays	You do not need to tell us if your child is absent unless they miss more than 3 weeks. If your child is absent or on holiday etc. no refund or alternative session can be offered.
Notification of Stopping your class	<u>You must give notice of one month to cancel your place so that we can offer the place to someone on the waiting list. If you have paid the month ahead fee's and then decide to stop this cannot be refunded.</u>
Direct Debit Cancellation	If you have to cancel your Direct Debit for any reason, you must notify us prior to the cancellation. If we do not receive prior notification then the system will assume your place is no longer required and fill the place with a child from the waiting list.