

Hertford Gymnastics
Academy

Est. 2007



Handbook
2017-18

A decorative border of stars surrounds the text. The top and bottom borders consist of a row of 20 stars each. The left and right borders consist of a column of 20 stars each. The stars are arranged in a rectangular frame.

Welcome

A very warm welcome to existing and new members of Hertford Gymnastics, and their families too. We have been established for nearly nine years and offer high quality training for all our gymnasts. We operate from the beautiful setting of Haileybury which offers easy access and free parking.

Our aims

We aim to introduce children and young people to gymnastics in a safe and non-threatening setting. Each member is seen as an individual and encouraged to fulfil their potential and truly enjoy gymnastics.

Hertford Gymnastics is fully committed to the safeguarding and welfare of all its gymnasts and staff.

We offer

- Fully qualified British Gymnastics coaches
- Friendly and approachable staff
- At least one qualified First Aider present in all sessions
- At least one Safeguarding official present in all sessions
- Full Risk Assessed working environment
- High quality equipment as used in the Olympics
- A chance for all gymnasts to shine at whatever their level
- A warm and welcoming environment
- Close communication with parents

In return we expect

- Gymnasts to try their best and have a go
- Gymnasts to listen carefully and enjoy the sport to the full
- Gymnasts and families to show respect to each other, their coaches and equipment

Our classes

New class times stating from September 2016

Recreational

Coaches - Amber, Eva, Kirsten, Emily, Georgia and Mrs Westley

Thursday: 6.00 - 7.00 Beginner

6.45 - 8.15 Advanced

Sunday: 1.30 - 2.30 Pre-school and Parent Toddler

2.30 - 3.30 Beginner

3.30 - 4.30 Beginner

4.30 - 5.30 Intermediate

Friday: 6.00 - 7.00 Boys and beginners

6.00 - 8.00 Pre-team

We have three terms a year each of four months. All gymnasts work on the British Gymnastics Proficiency Awards Pre-school 1 - 3 and levels 8 - 1.

Tumbling Squad - Competitive Squad

Coaches - Alex Sr., Elliott, Keavy, Alex Jr., Hannah and Lauren.

Thursday 6.00 - 8.30 and Sunday 1.30 - 5.30

£105 per month payable on 20th each month please to Hertford Gymnastics, sort code: 09-01-27 account number: 84918749

Artistic Squad - pre-Competition Squad

Coaches - Mia, Eva, Kirstin and Amber.

Thursday 6.00 - 8.30 and Sunday 1.30 - 4.00

£105 per month payable on 20th each month please to Hertford Gymnastics, sort code: 09-01-27 account number: 84918749

Classes run throughout the year except for over the Christmas period and occasional days that Haileybury is closed.

General Squad - Artistic Squad feeder

Coaches - Emily, Mia, Kirstin and Eva.

Sunday 3.30 - 5.30

Payable termly

All squads please email us on hertfordgymsquad@outlook.com

to be added to our mailing list.

Contact details

Hertford Gymnastics Academy 07947222321
hertfordgymnastics@hotmail.co.uk

Terms and conditions

- Please let us know of any illnesses or pre-existing injuries for your child.
- Club leotards, or boys' club uniforms, and club jumpers must be worn.
- Gymnasts may only participate if long hair is tied back.
- All fees are non-refundable apart from periods of extended illness.
- Class times may vary slightly.
- Gymnasts may not participate if they arrive after warm up.
- No jewellery may be worn.
- All gymnasts must go to the toilet before class. Parents are responsible for cleaning cost for any accidents.
- The club takes responsibility for gymnasts from the point at which they are asked to sit down on the mat.
- Please do not enter hall before class time as your child will not be insured.
- Parents are only allowed in the hall by invitation.
- Parents, or appointed adults, to deliver and collect their gymnasts from inside the hall.

Photography

- Please use any images of your child at any gymnastics' function for family use only and do not publish them in any way.
- We may use images of our gymnasts for training purposes but full names are never used.

