

Welcome
Glad you're here!



WATERFORD
GYMNASTICS

Welcome to Waterford Gymnastics Club! We hope that during your time with us you come to love our sport just as much as we do! As well as learning gymnastics, we encourage all our gymnasts to make friends, have fun, and grow in confidence. This information pack is designed to help gymnasts and their parents/guardians to settle in as comfortably as possible. Hopefully we will address any questions you may have within this booklet but, if we don't, please feel free to check out our website - www.waterfordgymnastics.com or Facebook @ **'Waterford Gymnastics Club'**. Our office is also more than happy to answer any questions in person.

Once again we welcome you to our club and we look forward to seeing you very soon!

Our Ethos



September 2018 - Term 1

Dates: Monday 3rd September - Sunday 28th October.
Fees must be paid in full in advance of term start date.

Annual Registration

There is an Annual Registration Fee due each January of €50. The fee for members joining after July is €20.

Social Media

From time to time we also take pictures of gym in full flow. The gymnast in your family may appear in these pics. However, if you would rather not, then please contact Tony or Elaine in the office.

All events are announced on our Facebook page, so please like the page to ensure that you stay up to date. Themed weeks, parents week, end of year BBQ etc.

- Our Facebook page – **Waterford Gymnastics Club** – is the place to stay up to date with all that is going on in the club.

'Waterford
Gymnastics
Club'



- We also have an Instagram! Check out **@Waterford_Gymnastics**

@Waterford_
Gymnastics



Feedback

We endeavour to ensure that our gymnasts grow to love our sport and enjoy their class as much as possible. We appreciate any feedback that you might have – good, bad or indifferent.

Class Times

Classes begin on time and finish on time. In the unlikely event of us being late starting a class, we will make up the lost time at the end. Please try to be on time for the start of class and also for collecting your gymnasts.

Drop-off and Collection

Drop off

Please make sure that all gymnasts enter the gym through the ENTRANCE door and give their name to the coach on entry. Please ensure that gymnasts arrive 5 minutes before the class is set to begin.

Collection

Gymnasts will leave the hall at the end of class through the EXIT door. There will be a coach standing at this door to ensure that no gymnast leaves the hall without a parent/guardian. The car-park can be quite busy so please meet your gymnast at the door.



Health and Safety

The health and safety of our gymnasts is of utmost importance to all coaches.

- Gymnasts must be dressed appropriately for their class. Active wear must be worn. (shorts, leggings, tracksuits, t-shirts)
- Please ensure that a bottle of water is brought to each class. We do not have the facilities to supply water to the gymnasts.
- We strongly encourage all gymnasts to use the toilet facilities prior to their class.

- Please ensure that valuables are not brought into the hall.
- Like most schools, we operate a nut free zone
- If your gymnast suffers from a medical condition (asthma, epilepsy etc.) and may require an inhaler, epi-pen or any other aid please ensure that the club is aware of this and the aid is brought to every class.
- Parents/guardians are not allowed to wait in the gymnastics hall. If you wish to stay and watch your gymnast there is a waiting room with a window.
- Photographs are not permitted from the waiting room but can be organised with a coach, no issue.

Mid Term Camps

Gymnastics camps are offered during Mid-terms, Easter and the Summer. Dates and times are uploaded on Facebook with a link to our website for registration. Places are limited and offered on a first come-first served basis. Camps can vary between 2 to 4 days and usually last 3 hours per day. A drink and lunch should be brought to all camps.

Open Classes

We run some open classes for kids looking to do a second hour of gymnastics and also for non members on the waiting list. These can be found on our website.

Parents Week

Parents week runs in the final week before Xmas and also Summer Holidays. Parents/guardians are invited to join their gymnast in the hall for their class. It's a great opportunity for both gymnasts and parents alike and an hour of good fun for all involved! Its our favourite week of the year. There is a real family feel to the hall. Please make sure you embrace this opportunity with your child and get involved.

Competitions

From time to time, we run In House competitions for some of our gymnasts. If you are interested in your child partaking, please talk to us at the office.