

NEWSLETTER 8

Hello and Welcome Back, I hope you all had a fantastic summer and are excited to be starting back. There are several events already on the go this year, please check the website event calendar to ensure that you are up to date with the events.

Thank you to everyone for bearing with us as we changed the booking system, I hope you will find the system easy to use. The vast majority of the bookings are now complete. We have a few places in some of the dance classes and the pre school program.

Pre School Bookings

If you have siblings or friends wanting to book pre school classes these can be done directly from the website and are bookable on a first come first served basis. Please check the timetable on the website to make sure you book the correct age group.

Dance Bookings

Classes are bookable on a first come first served basis via the website. To check that the class is the right one for you please email Amanda at dance@nelgc.org.

If you are not sure what you have booked for you can check this by going to your on-line account. Click PAYMENT then click PAID you will then see a list classes booked. I have been through the system and linked the siblings so you should be able to see all of your children through one log in. If yours haven't been linked please let me know. You should all have set up a Pre authorisation so that your next payment will come out on the 15th September 2015. You can cancel the pre authorisation at any time if you wish to stop classes by logging in and cancelling this on your booking page. If you cancel your pre authorisation your payment will not be taken, we will assume that you no longer want your place. If you have accidentally cancelled this you can go back into the system and authorise this before the next payment is due. If information needs updating you can do this by going to your Paysubsonine account and changing the information. Its important the address and emergency contact numbers are correct as this will be used for insurance with British Gymnastics and for us to contact you.

Whats happened over the Summer

With the help of a very generous donation we have completed some building work over the summer holidays and have installed a set of Men's rings and some climbing ropes.

Two squad boys will be entering the Regional Men's Artistic Qualifiers Competition and have been practicing hard on the newly installed rings all week. This year we will be starting several boys developments squads who will now be able to train on all of the Olympic apparatus.

Sunday Training

Sunday training does occasionally need to be cancelled when we have regional events.

NO CLASSES

Sunday 13th September as all the coaches are at competitions or training courses.

Website

The website is regularly updated please take time to check the website for updates www.nelgc.org. The Newsletter comes out each month and these are available on the website and will also be emailed to all members so please ensure that your email details are up to date.

What do I do when I arrive?

When you enter the building there is a small foyer area on the ground floor and a small viewing area above the gym. It does get busy during the class change overs so please can parents who are waiting for gymnasts use the viewing area. I would recommend where possible getting the children changed before they arrive. If you do need to get changed at the club please **DO NOT** - get your children changed in the foyer. You may use the changing rooms or if you have small children that need help you may use the viewing gallery upstairs. Once your child is changed please remove clothes from the changing area so this is clear for the next group. You can take the clothes with you **OR** put them in the trays in the viewing gallery. There are cubby holes in the foyer these can be used for shoes, please use these so they can easily be accessed in the event of an evacuation. Dancers can take shoes and a bottle of water to the dance studio.

Please do not block the foyer by using it as a changing area. The foyer is quite small and **MUST** be kept clear. Prams, scooters and bikes are not allowed in the building under any circumstances, we do not have the space and they may cause a hazard or block the exits. If you have a baby that you are bring with you please be aware of this and use a baby carrier or car seat carrier.

We have a toilet at the back of the gym, however to maximise the training time please try and make sure that your child has been to the toilet before the class starts. On the first week back all children will be given a new leotard or unitard and shorts for boys which should be worn for all the sessions (If you have one from last year you may continue to use this one as well). Pre school Children will receive a t-shirt. Please ensure that kit is washed and clean for each session. If you attend more than one session a week you will need more leotards, you can order extra kit from **THE ZONE**. The codes will be on our website within the next couple of weeks. Please ensure your child's hair is brushed and tied back in a neat low pony tail, with fringes clipped back tightly before they come into class. **NO** jewellery or hair beads are allowed please make sure these are removed before the session starts. This rule also applies to children who have recently had their ears pieced - it is for the safety of all participants. Children should bring a small bottle of water with their name on it.

Signing In

Safety in the gym and dance studio is not an option - please arrive 5 mins before your child's class, all children of primary school age or younger must be delivered in person and signed in. If you have secondary school aged children please can you put in writing if your children are arriving or leaving on their own. Children for gymnastics and dance will be signed in by the double doors outside the main gym. You need to sign your child into the class at the beginning of the session and sign out at the end of the session (at the main doors under the viewing gallery). Once your child has been signed in they will not leave the gym until you come to collect them. Please ensure you are on time to sign your child in, we are unable to accept children into the class if they are late. An adult or one of our young leaders will be signing the children in and out please make sure the adult responsible for your child knows to do this. Once you have signed the children in you can either leave or wait in the viewing area. Please do not wait in the area by the gym doors or the main viewing area as we need to keep this area clear. When you sign out, please collect your child promptly to avoid causing them distress. If you are delayed, please call the gym on 0207 923 7239 to let us know. If you arrive early please wait with your child in the viewing area until the class starts, do not leave children unsupervised in the building.

Parent and toddler classes

Parents need to wear suitable loose clothing to participate, a tracksuit is ideal, the toddler needs to wear a T shirt and shorts that have NO pockets, zips or buttons. All jewellery must be removed this applies to adults as well in the parent and toddler sessions. Mobile phones may not be used at anytime in the gym.

Medication & valuables

If your child has a mobile phone, valuables or medication etc please ensure that these are handed to the person in charge when you sign your child in for the class. Do not leave any medication or valuables including mobile phones in the changing rooms. Please can you put your child's name and class onto any medication before you hand it in, if you would like you can leave the medication at the gym rather than bringing it with you each week.