



FLAIR GYMNASTICS

WWW.FLAIRGYMNASTICSCLUB.CO.UK

NURTURING PASSION FOR EXCELLENCE TOGETHER

MEMBERSHIP PACK 2024



Welcome to Flair Gymnastics!

Firstly, we want to say a massive thank you for getting into gymnastics at our club! We love getting new people involved in our sport and aim to deliver a fantastic experience for you each week.

If you ever have any questions about anything to do with how the club runs, what your gymnast is working on or what you need to do as a parent/guardian, please don't hesitate to get in touch – our main line of communication is via e-mail, or you can find us online via social media or our website:



info@flairgymnasticsclub.co.uk



07305339761



[/flairgymnasticsclub](https://www.facebook.com/flairgymnasticsclub)



www.flairgymnasticsclub.co.uk



[@flairgymnastics](https://www.instagram.com/flairgymnastics)

Quick Intro to the Club

Flair Gymnastics was founded in 2016 with just 34 initial members selected from trials. The club established its own highly equipped full-time gym in 2021, was named Scottish Gymnastics Club of the Year 2022 and now has over 600 members attending each week, in addition to gymnasts winning medals at national championships and being selected for Scotland squads.

We are an Artistic gymnastics club – we train on all the apparatus you'd see in the Olympics, with separate events for Women's & Men's disciplines. All of our classes work towards skills for these pieces of equipment in addition to all the fundamentals of gymnastics on floor.

Our goal is to constantly keep improving the quality of the club to give all our gymnasts the chance to reach their potential while having a rewarding, enriching experience in the sport.

Club Values

Our mission is to nurture a passion for gymnastics in our members and inspire them to dream big within the sport – at whatever level they are involved at!

- We want to **INSPIRE** belief in what can be achieved.
- We want to create **QUALITY** in all that we do.
- We want to develop **CHARACTER** in people involved at the club.
- We want to show **FLAIR** by standing out within the sport.

Expectations for Parents / Guardians

As a club aiming to set high standards, we want to make sure that everyone knows what's expected – including those bringing along and supporting our gymnasts! Here are some key things to note:

- ✓ Make sure you complete and maintain all your membership details.
- ✓ Ensure fees are paid on time and any issues are communicated.
- ✓ Be mindful of others when attending – be careful in the car park and venue.
- ✓ Bring your gymnast inside and wait with them until they get started.
- ✓ Ensure gymnasts are dressed appropriately for their classes.
- ✓ Remove all jewellery prior to sessions – better yet, leave it safely at home.
- ✓ Tie up all long hair and have enough bobbles / clips to securely hold it in.
- ✓ Give your gymnast water for their session in a resealable bottle.
- ✓ Come inside to collect your gymnast from the gym when they finish.

Expectations for Gymnasts

We want to give everyone at the club a fantastic time learning loads of exciting skills and making great friends – so here are some important things to remember when taking part:

- ✓ **Be Positive** – with yourself, with others, and with your ambitions!
- ✓ **Be Respectful** – of your classmates, your coaches, and the equipment.
- ✓ **Be Supportive** – help set up kit, encourage others & value everyone.
- ✓ **Be Responsible** – for your behaviour, your belongings, and for your effort.

Setting Up your Membership

There are three key steps to completing your gymnast's membership and securing their place at the club:

- **Part 1: Subscription Details**
Register your payment method on [Class4Kids](#) – your booking confirmation will contain a link to do this when you accept your place.
- **Part 2: British Gymnastics Registration**
Everyone taking part in gymnastics must register with the governing body for insurance & GDPR purposes – sign up done is [via the BG website](#) and is separate to your Class4Kids registration.
- **Part 3: Membership Payment**
Finally you have to pay for your [annual membership](#) with us. This is a once-per-year fee that covers your registration with BG (which is charged to us) plus a small fee towards running the club.

Annual Calendar

Please note that the club operates **all year round – throughout all school and bank holidays**. Our only planned closure dates are the last & first weeks of the year: Mon 23rd Dec 2024 – Sun 5th Jan 2025

If the club needs to cancel classes at any other time, we will contact you via e-mail (and/or text if at short notice) to let you know – you'll be refunded for any unplanned cancellations, or offered an alternative class that week if possible.

Membership Renewal Period

We follow the British Gymnastics annual membership period, which runs from 1st Sept – 31st Aug. In **August** we will be in touch to let you know it's time to renew your membership, pay for the upcoming year and ensure your details are up-to-date. Even if you join in July, BG requires everyone to renew their memberships at this time in order to stay covered to participate.

Cancelling

To cancel your place at the club for any reason, simply **e-mail us with your child's name & class, and let us know why** if you're happy to. Any fees paid are non-refundable, so please cancel before the end of a month to avoid overpayments. Make sure to let us know if you won't be returning!

How Our Fees Work

Fees are collected by a subscription payment through Class4Kids on the **1st of each month**. If a payment fails for any reason, Class4Kids will automatically try again up to two times. The final attempt will be on the 9th of the month.

If you have any issues with payments, **contact us in advance**. We are happy to be as accommodating as possible as long as we know the circumstances. Any information shared will be handled confidentially.

If the club does not receive fees or communication by the 10th of the month, we will e-mail to prompt you for payment within the next 5 days. If we do not hear from you or receive payment by the 15th of the month, the gymnast's place will be **cancelled and offered to the next person** on our waiting lists.

Fee Structure

All fees are calculated on an **annual basis**, divided by 12 months. This means that it's the same payment each month, as everyone is paying for 50 weeks of classes regardless of how this splits up across the calendar.

Family Discount

For families with multiple children at the club, or a single gymnast doing multiple classes, we discount your total fees by **10% for 2 x classes/gymnasts**, and by **15% for 3 x gymnasts/classes or more**.

£28 per month 1hr classes	Parent & Toddler Pre-School Gym Stage 1 Beginners Boys Gymnastics
£50 per month 2hr classes	Stage 2 Improvers Stage 3 Developers Senior Gym
£55 per month 2.5hr classes	Stage 4 Advanced
£60 per month 3hr classes	Boys Advanced

Example A

Gymnast 1 in 1 x Stage 2 class
Gymnast 2 in 1 x Stage 1 class
Total Fees: £50 + £28 = £78.00
with 10% Discount: **£70.20**

Example B

Gymnast in 3 x Stage 3 classes
Total Fees: £50 x 3 = £150
with 15% Discount: **£127.50**

Gift Aid

Flair Gymnastics is a Scottish Charitable Incorporated Organisation (**SCIO**) which means we are eligible to claim Gift Aid from the government on certain payments to the club. All we need from you is a [consent form](#).

Gift Aid can make a massive difference to our fundraising efforts for the year without costing you any time or effort, so please fill in the form and let us do the rest!

Safeguarding

One of the most important policies in how we operate is [Safeguarding](#). It's essential that the wellbeing and safety of all members is at the top of our priorities in all aspects of how the club runs – please take the time to read and note all our key contacts for any issues that occur.

If you have any concerns or a question about a member's wellbeing at the club, please report this to a team member or contact our Safeguarding Officer directly:

Jess McCormack

safeguarding@flairgymnasticsclub.co.uk

☎ 07739013991



Membership Policies

Details of our club policies can always be found [on our website](#) – we also have copies posted up on the notice boards in reception. Please make yourself familiar with them and let us know if you have any questions, but some key things to note in terms of class places are:

- Up-to-date British Gymnastics membership & payment to the club are both required; if either is not completed, we reserve the right to stop your gymnast attending until this is in place.
- If there has been no attendance at classes or communication with the club for a period of 4 weeks or more, we reserve the right to cancel your subscription and offer your place to the next person on our waiting lists.
- Behaviour that violates our codes of conduct will be followed up via our disciplinary procedure and can result in suspension from classes and potentially the loss of a gymnast's place at the club in serious instances.

Our Recreational Programme

We have classes for all ages and abilities – from walking-age right up to adulthood!

Our **Pre-School** section is all about fun & discovery, progressively building towards children taking part independently and gaining all the key skills they'll be developing when they move into school-age classes.

Our **Stage 1-4** classes aim to create brilliant basics and build these into increasingly complex skills across all of our Artistic apparatus, giving every gymnast a chance to progress at their own pace.

All gymnasts get a **Progress Card** detailing where they are at with each element in their Stage, with Progress Checks every 6-8 weeks across the year. When a gymnast reaches a milestone they gain a certificate for their hard work and can move up to their next Stage when they achieve 80%+ of their card.

We also have classes for **Boys Gymnastics**, **Senior Gym** (age 13-17), and **Adults** tailored to these specific groups, working based on the same overall approach.

About our Competitive Section

The club has multiple pathways into competitions for those who demonstrate the capability to pursue gymnastics further. We always look for gymnasts progressing and showing the right attitude for a competitive trial – the best thing your gymnast can do is make the most of their class time and practice to the same high standards at home!

In June we host our Club Championships which allows members at all ages & abilities to take part in a friendly event showcasing what they can do to friends & family, as well as our coaching team. In addition, we host at least one annual open trial for squads, so there are multiple routes that a gymnast can take towards this level if they are passionate about it.

Get in touch if you'd like to find out more about what's involved.

RECREATIONAL DEVELOPMENT STAGE 1 PROGRESS



		STARTED	ACHIEVED	80%	100%
STAGE 2	LEVEL 4				
	BRIDGE WITH STRAIGHT ARMS - LEGS TOGETHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	CANOE/TICK HOLD ON SPRINGBOARD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	STRAIGHT KICKING/FLICK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	WALK TUCK DUMP - STUCK LANDING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DOWNY BACK BRIDGE/WALK WITH STRAIGHT LEGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	FORWARD WALK TO STRAIGHT STAGE WITH STRAIGHT LEGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	BACKWARD WALK WITH STRAIGHT ARMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COMPRESSIVE TUCK BRIDGE OFF BEAMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	REVERSE TUCKS ON SPRINGBOARD WITH ARMS AT EARS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LEVEL 5					
WALK BRIDGE/BUILD INTO BRIDGE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SET UP WALKS & TO	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
FRONT BRIDGE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
DOWNY KICKS TO HANGERS/ON TRACK/STAIRS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WALK INTO ONE ARM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WALKING/CLIMB TO BRIDGE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WALKING/TUCK FORWARD WALK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
ONE-ARMED COMPRESSIVE ONE-ARMED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
REVERSE TUCK TO BECK WALK/FLICK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WALKING/TUCK TO WALKING TO FEET WALK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
ARM CIRCLE INTO BLOCK - FALL TO LAND PLAT ON FRONT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
BACK TO FRONT TUCK/FLICK/CLIMB ON BEAM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
TUCK DUMP ON HIGH BEAM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
CIRCLE UP HANGERS/ON LOW BAR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
ONE-ARMED & BE BEAM ON HIGH BAR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



Get Involved with Us!

The club is still growing and needs more people involved to help us achieve everything we want to – even if you only have some free time and enthusiasm to offer, we can almost certainly use your help!

There are a number of roles that volunteers can make a massive difference in, so if you would like to hear more then please get in touch.



Useful Contacts

Club Phone: 07305339761

Safeguarding Officer: 07739013991

Scottish Gymnastics Office: 0131 271 9750

British Gymnastics Membership: 0345 129 7129

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