



GYMNASTICS ACADEMY

Important Information for Parents & Gymnasts

This information applies to all Twist & Flip Gymnastics Academy members unless otherwise stated. It is provided to ensure the safety, enjoyment, and smooth running of sessions across all venues.

By registering your child, you confirm that you have accessed and understood the information below and the associated club policies.

1. General Session Information (All Venues)

What to Wear

- Children should wear shorts or leggings and a T-shirt or leotard.
- **No jewellery** is permitted under any circumstances.
- If ear piercings are within the 6-week healing period, ears must arrive already covered with plasters or medical tape.
- Zipped hoodies, crop tops, and loose clothing are not permitted for safety reasons.

Footwear & Personal Items

- Suitable footwear must be worn when travelling to and from the toilet.
- Crocs or sliders are recommended as they are quick and easy.
- Please ensure all drinks bottles are clearly labelled.

Toilets

- Please ensure your child uses the toilet before their session starts.
- Toilet trips during sessions take time away from coaching and the child's participation.

Behaviour & Conduct

- All gymnasts and parents are expected to follow the Parents & Gymnasts Code of Conduct at all times.
- Disruptive or unsafe behaviour may result in removal from a session.



2. Arrival & Collection

- Please arrive no more than 10 minutes before your child's session.
- Children will be invited in by coaches at the appropriate time.
- Collection must be prompt at the end of sessions.
- Only authorised adults listed on the registration form may collect a child.

3. Medical & Emergency Information

- Parents must provide two emergency contacts at registration.
- Any medical conditions, allergies, or additional needs must be disclosed.
- Parents confirm that their child is fit and healthy to take part and will inform the academy of any changes.
- In an emergency, you consent for a designated adult to arrange medical care if you cannot be contacted.

4. Photography & Media

- Photography and video recording are governed by the Photography Policy.
- Consent preferences must be indicated during registration.
- Images are used responsibly for training, promotional, and safeguarding purposes only.

5. Insurance (All Members)

- Insurance is required from your child's very first session.
- Insurance is an annual fee and must be in place before participation.
- Children will not be permitted to take part without valid insurance.

6. Payments & Subscriptions (Important – Please Read)

First Month

- Classes in the first month are Pay-As-You-Go (PAYG).
- Sessions are charged individually.
- The number of sessions in your first month may vary.



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Ongoing Membership

- From the 1st of the following month, monthly subscriptions apply.
- Standing Orders are strongly recommended as they:
 - Cover the full year of sessions
 - Are more cost-effective
 - Prevent missed or late payments

Late or Incorrect Payments

- Subscriptions are due on the 1st of each month.
- Payments not received on time may:
 - Be charged at the cash rate
 - Incur late payment fees
 - Put your child's place at risk

Sibling Discount

- A sibling discount is available where more than one child is enrolled.
- This applies only while multiple siblings attend.
- Full pricing details are outlined in the Subscription Policy.

7. Notice Periods & Leaving the Academy

- A **full calendar month's notice is required** to withdraw a child.
- Standing orders must be cancelled by the parent once the child leaves.
- Refunds are not issued for payments made after the notice period.

Venue-Specific Information

Grimsby Venue

Programmes

- Little G's (Grimsby) – runs 50 weeks per year
- Copycats (Grimsby) – runs 50 weeks per year
- Evening & Saturday (Grimsby) – runs for 50 weeks per year
- Term breaks and holiday closures are communicated in advance.

Parking & Safety

- Please do not park in coned-off areas.
- Do not block neighbouring business parking spaces.
- If parking is limited, please use nearby public parking and walk down.
- Reverse into parking bays where possible for safety.



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Preston Venue

Programmes

Little G's (Preston) – term-time only

Copycats (Preston) – term-time only

Evening (Preston) runs for 48 weeks per year

Session Times

- Session times vary by programme and venue availability and will be confirmed in your booking email.
- If your venue offers evening sessions, these will be communicated after your child starts and is ready for progression.

Parking & Arrival

- Please follow on-site signage and staff instructions.
- Ensure safe drop-off and collection procedures are followed.

Barton Venue

Session Times

- Session times vary by programme and venue availability and will be confirmed in your booking email.
- If your venue offers evening sessions, these will be communicated after your child starts and is ready for progression.

Venue-Specific Notes

- Venue-specific arrival, parking, and session details will be provided prior to starting.
- Please follow all local safety instructions.
- Evening sessions (Barton) runs for 47 weeks per year

The information on this page forms part of the Academy's terms and conditions. Parents and guardians are required to confirm they have read and understood this information during the registration process.