

## NEW ELITE GYMNASTICS CLUB

We are a Women's Artistic Gymnastics Club located in Shrewsbury, registered with British Gymnastics and the West Midlands Amateur Gymnastics Association. We train all levels of gymnasts from recreational (training once a week only) to competitive (training more frequently and entering competitions).

As we are a Women's Artistic Gymnastics Club we only train girls and they must be of school age. Your daughter must be attending school FULL TIME to be able to try our club. This means that girls as young as 4 years old can train with us but our recommended minimum age is 6 years old.

If you would like your daughter to have a free trial session then please just bring her along to any of our sessions – you do not need to book.

Our sessions are:

**Mondays 5 - 7pm** (3<sup>rd</sup> hour available to older / competitive gymnasts)

**Tuesdays 5 - 7pm** (3<sup>rd</sup> hour available to older / competitive gymnasts)

**Wednesdays 5 - 7pm** (3<sup>rd</sup> hour available to older / competitive gymnasts)

**Thursday 5 - 7pm** (3<sup>rd</sup> hour available to older / competitive gymnasts)

**Saturdays 11:30am – 1.30pm** (3<sup>rd</sup> hour available to older / competitive gymnasts)

Please make sure that you provide your daughter with a drink and maybe a snack for the small break half-way through.

Your daughter does not need to wear a leotard straight away, just leggings / cycle shorts and a T-Shirt / Sweatshirt. Gymnasts are not allowed to wear hoodies during training but obviously can wear them to and from the gym. Sweatshirts without hoods are fine and will probably be needed in the winter months! Cardigans have to be done up or taken off. If not wearing a leotard, then please ensure that any tops / T-shirts are NOT BAGGY OR LOOSE (gymnasts do a lot of tumbling).

Gymnasts must have their hair tied back and off their face. This means that any fringe that they may have must not cover their face either. Hairbands / decorated clips are not ideal as they fall out and can hurt the head when gymnasts are rolling! Jewellery is not allowed for safety reasons.

We have our gym permanently set up and our address is as follows:

Unit 8, Benbow Business Park  
Harlescott Lane,  
Shrewsbury  
SY1 3FA

If approaching us from the Ellesmere Road, heading away from town, then turn right onto Harlescott Lane, go straight past the left turning towards Battlefield Enterprise Park and the very next entrance on the left is the one for Benbow Business Park. We are situated straight ahead of the entrance and you will see our sign when you enter the Business Park.

If approaching us from the Whitchurch Road, again heading away from the town centre, you will need to turn left at the traffic lights just before the big Tesco on the corner. Head down Harlescott Lane, go across the level crossing, go straight at the mini-roundabout and keep going straight – past the petrol station on the left until you see an entrance on the right for Benbow Business Park. If you get to the Pub on the left then you have missed the entrance!

Approaching from Wem - head onto the Ellesmere Road and turn left onto Harlescott Lane pretty soon after the roundabout. Follow the directions above for the Ellesmere Road route.

As we are not in a Sports Centre, there is no spectator area so would appreciate it if you could drop your daughter off, leaving a contact number that is relevant for the 2 hours. Please do not arrive too early as we will only be arriving for the start-time due to our tight schedules!

We would ask that any questions are discussed at the end of the 2-hour session when the majority of gymnasts have finished as we do not want to disrupt or delay the start of the training.

If you do wish to contact us, bearing in mind that you do not need to book in advance, then the best way to do this is by messaging us on our Facebook page, emailing us on [admin@newelitegym.com](mailto:admin@newelitegym.com) or texting me on 07855 442421. Due to our other work commitments in the day we cannot make or take phonecalls easily.

### **FEES POLICY**

Fees are paid monthly and are currently £22.62 per month for attending one 2-hour session each week and £33.35 for attending one 3-hour session each week. Each additional hour is discounted as a reward to the gymnast who wishes to train more. We do not offer family discounts as our focus is on the individual gymnast.

Fees can be paid in CASH or ONLINE (ie. online banking) – we do NOT ACCEPT CHEQUES.

At the end of the Autumn / Winter term we have a Christmas display and at the end of the Summer term we have a club competition to finish off the school year. For both events, parents and relatives are welcome to spectate.

We normally train through many of the school holidays but do close the gym for public holidays, bank holidays and obviously some of the Christmas and Easter holidays. We will also close for a couple of weeks (not contiguous) during the Summer break.

Your daughter does not need to train on the same day each week and can swap around to allow for school commitments, illnesses or parties!

Paying the monthly fee entitles your daughter to have a session each week therefore if she is unable to come at all some weeks or we are closed on her normal training day then your daughter can make up that session any time. No need to book and no time limit. She can come to any session and can come more than once in a week to make up the sessions. It is up to you to make the most of the membership – we do not offer refunds therefore would encourage your daughter to try to make up any missed sessions.

British Gymnastics require all gymnasts to be insured. The insurance runs from 1<sup>st</sup> October each year and requires the gymnast to be registered with a club. The club collects the insurance fee and then registers the gymnast with British Gymnastics. This registration process insures the gymnast. The gymnast will receive a pack from British Gymnastics acknowledging their membership.

When a gymnast has had their free session and is interested in joining then they are allowed to pay weekly until the start of the next month, at which point they start to pay the monthly fee.

Obviously a gymnast can leave the club at any time. Any missed sessions are forfeit as we do not give refunds. A gymnast can rejoin but their fees start from scratch again, they cannot make up any missed sessions that they had before they quit. The financial exposure if a gymnast does quit just after a monthly payment has been made is only 2 weeks' worth as the monthly payment covers a calendar month from the first to the last day and is not due until the middle of the month. We think that this is very reasonable compared to many other childrens' clubs where a whole term's payment is required up front in order to secure a place.

If you want your daughter to join a club where she can come and go when she pleases and you only pay if she comes along then this is not the club for you or your daughter! We train in Women's Artistic Gymnastics and follow the British Gymnastics Development Plan which is not suitable for an easy-come, easy-go approach.

If you require any more information then please use one of the preferred methods above to contact us.