



Mixed Recreational

After School Sessions

MEMBERSHIP INFORMATION

SEPTEMBER 2018 - 2019

Our History



Lincoln Gymnastics club was established in 1981 and trained both male and female gymnasts between the ages of 5 and 18 at both Yarborough Leisure Centre and North Kesteven Leisure Centre.

During 2005, the Club became the first Lincolnshire Club and fifth in the East Midlands Region, to achieve the British Gymnastics Gym Mark and Sport England Club Mark. Recognised accreditation for a safe, effective and child friendly club, we provide a service to the

Community, that children and young people, their parents/guardians and others with an interest in gymnastics can trust. We have also achieved re-accreditation every year since.

In 2006 we achieved our goal of opening our own premises dedicated to gymnastics. This facility saw some major changes over the years. With a role of over 600 gymnasts accessing gymnastics, every week we found ourselves outgrowing the space.

After several years of planning and dedication, in 2014 Lincoln Gymnastics Club got the opportunity to begin a facility development project with Lincoln based firm Taylor Lindsey Ltd. They offered to build a facility for us with a floor space to our specification (that we could afford!). We would then move into and rent the building from them. Plans got underway and in 2016 moved, and continue Lincoln Gymnastics Club as it is now.

The club still boasts 600+ membership and is offering more running programmes.

Our Sessions

(Term Time ONLY)



For the developing preschool or new starters to gymnastics term time only in blocks of 6 weeks. Boys and girls join in a class of 45 minutes which incorporates learning the fun and exploratory areas of gymnastics using the large apparatus. These classes help develop an understanding of gymnastics skills of rolls, cartwheels, handstands and begin the first steps on the BG Proficiency Badge scheme. While also building children's self confidence in areas of jumping, balancing, climbing, height together with social skills and discipline needed for the sport.

Progression on from this programme is on an ability basis and will be assessed by Coach leaders on a quarterly basis. You will be informed when your child is ready to make the progression to our specific men's/women's disciplines.

Session Times

	4 – 4.45pm	5 – 5.45pm
MONDAY	✓	✓
TUESDAY	✓	
WEDNESDAY	✓	✓
THURSDAY	✓	
FRIDAY		✓

As places are limited, sessions are allocated on an age basis, however, most children attending will be assessed in Parent & Child Interactive before being offered Independent or Preschool. Our learning pathway will encourage movement through the groups on age and ability and parental preferences each year Sept - Sept.

Session Dates

	DAY	DATE	FEE	PAYMENT DUE
Term 1	Monday - Friday	10 th Sept -19 th Oct	6 weeks - £39	31 st July 2018
Term 2	Monday - Friday	5 th Nov -14 th Dec	6 weeks - £29	22 nd Oct 2018
Term 3	Monday - Friday	7 th Jan – 15 th Feb	6 weeks - £29	18 th Dec 2018
Term 4	Monday - Friday	25 th Feb – 5 th April	6 weeks - £29	8 th Feb 2019
Term 5	Monday	29 th April – 24 th May (NO session on 6 th May)	3 weeks - £17	8 th April 2019
	Tues - Friday	23 rd April - 24 th May	5 weeks - £25	
Term 6	Monday - Friday	3 rd June - 12 th July	6 weeks - £29	27 th May 2019

Fees & Membership

Annual Fees

Annual Club Membership

All gymnasts are required to be a registered member and hold LGC membership to train in the facility. Due every September.

£10

Annual British Gymnastics Insurance

As an affiliated club to BG, gymnasts are also required to be an insured member and will not be able to train without it. Due every September.

£17

Term Fees

Termly, fees are based on a year of 6 terms (see Session dates for term fees).

We have included in the table, fee payments and payment dates. Term fee payments are to be paid **a term in advance** to secure your child's place for the following term.

Payment is preferred by BACS using the details below. If you are unable to pay in this way, cash only can be paid at the club reception by the date above. If payment is not received by this date then your child's name will be removed from the session list.

BACS PAYMENT INFORMATION

Account:	Lincoln Gymnastics Club Ltd
Sort Code:	20-50-21
Account No:	30636401
Fee Payment:	See term fee payment schedule above
Reference:	MXD (Followed by British Gymnastics Insurance Number)

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Anyone who incurs difficulties in payment, please speak to a team member.

Club Kit

Items of club kit are advertised in the gym and available to order.

We currently can supply the following kit for training.

T-shirts – from £5

Hoodies – from £15

kit bags - £5

All with club logos.

These are on show in the club's main reception and sizes are available to try on.

An order can be placed by going to the link on our website.

Orders can be placed at any point and delivered to the club. Special order dates will be advertised in the gym three times a year, for special price availability.

For more information, speak to a member of the team.



What to Wear & Bring Rules

- Boys – T shirt & Shorts
- Girls – Leotard or Full bodied swimsuit. (Shorts and t shirt optional over the top)
- All long hair to be tied back away from the face.
- No nail varnish or earrings are to be worn. Newly pierced ears can be initially taped (please provide your own tape)
- Specific Club kit items can be purchased (see page 6)
- Drink in a closed water bottle.
- Bag for clothes

Club Rules & Discipline

CODE OF CONDUCT

Gymnasts/Members

As a member of The Lincoln Gymnastics Club you are expected to abide by the following club rules:

1. All members must participate within the rules and respect coaches, helpers, club officials
2. Any issues over sessions should be firstly directed to the lead coach in charge of your child's session.
3. All members must respect fellow club members.
4. Members should keep to agreed timings for sessions and inform the club if they are going to be late or not attend.
5. Members must wear suitable attire for sessions and events as agreed with the coach. Keep all long hair tied back. Remove all jewellery.
6. Fees for sessions must be paid promptly within the two-week window.
7. Members should not eat or chew gum during a session.
8. Members must not use bad language.
9. Misbehaviour by a gymnast during sessions will result in a warning and time out of the gymnastic activity. Further issues within the same session or one episode of serious misconduct will result in the Coach sending the gymnast out of the gym arena for thoughtful time out or for the remainder of the session; parents will be informed of these incidents.
10. More than one such sending off will result in welfare intervention. The welfare officer will contact the gymnast's parents advising them of the situation. Should a further breach of discipline occur the gymnast will be suspended and the matter taken up with our club committee meeting, for a decision as to the gymnast future with the club.
11. Members should remain with coaches at the end of a session until collected by their parent or guardian.

CODE OF CONDUCT

Parents & Guardians

As a parent/guardian of a member of The Lincoln Gymnastics Club you are expected to abide by the following club rules:

1. Encourage your child to learn the rules and participate within them.
2. Discourage challenging / arguing with officials.
3. Publicly accept officials' judgements.
4. Help your child to recognise good performance, not just results.
5. Set a good example by recognising good sportsmanship and applauding the good performances of all.
6. Never force your child to take part in sport.
7. Always ensure your child is dressed appropriately and have what is necessary for the activity including adequate to drink.
8. Keep the club informed if your child is ill or unable to attend sessions.
9. Inform the coach of any injuries or illness their child may have before the warm-up begins.
10. Endeavour to establish good communications with the club, coaches and officials for the benefit of all.
11. Share any concerns or complaints about any aspect of the club through the approved channels.
12. Use correct and proper language always.
13. Never punish or belittle a child for poor performance or making mistakes.
14. Always collect your child promptly at the end of a session.
15. Support your child's involvement and help them to enjoy their sport.
16. Do not give coaches personal mobile phone numbers to your child/gymnast. Contact for information etc. must always be done via the parent/guardian.
17. Parents/Guardians and other visiting relatives to the centre must adhere to the rules and regulations of viewing. They too must respect the rules set out for them which can be viewed in the centre. Breach of these rules could mean you being asked to leave the centre and ban you from future viewing in the centre. We cannot accept responsibility for anyone or their belongings during viewing periods.
18. All gymnasts, parents/guardians should respect others and fellow club members.

Club Welfare



Head Welfare Officer: Zoe Bower

Deputy welfare Officer: (position open)

Email: welfare@lincolngymnastics.club

We are fully committed as a club to safeguarding and promoting the wellbeing of all our members. The club believes it is important that members, coaches, volunteers and parents associated with the club should, always, show respect and respect for the safety and welfare of others.

A copy of our Welfare, Child Protection policy is available on request in the gym. Any issues you are unable to discuss with your child's coach should be directed to our Welfare Officer. They will then take the appropriate action necessary.

See our welfare board for further details or ask a team member.



Contact Us

Lincoln Gymnastics Club
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100 Sadler road
Lincoln LN6 3RS

Phone: 01522 509621

General Email: info@lincolngymnastics.club

Payments: payments@lincolngymnastics.club

Girls/Women's: womens.artistic@lincolngymnastics.club

Boys/Men: mens.artistic@lincolngymnastics.club

Website: www.lincolngymnastics.club