



# Fit Kidz

FUNdamentals

Pre-School

MEMBERSHIP INFORMATION

SEPTEMBER 2020 - 2021

## 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 Lincoln Gymnastics Club continues as it is now.

The club now in the new facility, boasts 700+ membership and is offering varied running programmes.

# Our Sessions

Structured learning programmes developed by Lincoln Gymnastics Club for those children under 5 who do not attend full time school. Sessions follow schemes produced by British Gymnastics dependent on age.



(Term Time ONLY- 5/6 Week block sessions)

## Fit Kidz FUNdamental Play

The 'FUNdamental' programmes, Parent & Child and Independent Child, develop basic physical and social skills. Using small apparatus, music and floor areas, children can learn through play. With parent/guardian or leader instruction children can achieve.

## Pre-School Proficiency

The 'Preschool Proficiency' begins the initial gymnastic journey. Developing coordination, balance and agility. With sessions led by leader's children earn their proficiency 1,2 and 3 through practice, performance and assessment

# Session Times

	MONDAY	TUESDAY	FRIDAY
10 – 10.45am	Parent & Child Interactive	Parent & Child Interactive	Parent & Child Interactive
11 – 11.45am	Pre-School Proficiency	Independent Child	Independent Child
12.45 – 1.30pm	Independent Child	No Session	Pre-School Proficiency
1.45 – 2.30pm	Pre-School Proficiency	Pre-School Proficiency	Pre-School Proficiency

- Parent & Child Interactive - Toddlers - 3yrs
- Independent Child - 2 ½yrs - 3yrs
- Pre-School Proficiency - 3yrs + (year before attending full time school)

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
<b>Term 1</b>	Monday - Friday	7 <sup>th</sup> Sept -16 <sup>th</sup> Oct	6 weeks - £39	
<b>Term 2</b>	Monday - Friday	2 <sup>nd</sup> Nov -11 <sup>th</sup> Dec	6 weeks - £29	16 <sup>th</sup> Oct 2020
<b>Term 3</b>	Monday - Friday	4 <sup>th</sup> Jan – 12 <sup>th</sup> Feb	6 weeks - £29	11 <sup>th</sup> Dec 2020
<b>Term 4</b>	Monday - Friday	22 <sup>nd</sup> Feb – 26 <sup>th</sup> March	5 weeks - £25	12 <sup>th</sup> Feb 2021
<b>Term 5</b>	Monday – Friday	19 <sup>th</sup> April – 28 <sup>th</sup> May (no session 3 <sup>rd</sup> May)	(Mon) 5 weeks - £25 (Tues Fri) 6 weeks - £29	26 <sup>th</sup> March 2021
<b>Term 6</b>	Monday - Friday	7 <sup>th</sup> June - 16 <sup>th</sup> July	6 weeks - £29	28 <sup>th</sup> May 2021

## Fees & Membership

### Annual Membership Fees

#### Annual Club Membership & Annual British Gymnastics Insurance

All Fit Kidz are required to be a registered member and hold LGC membership of £10.

Also, as an affiliated club to a governing body, gymnasts are also required to be insured as a member through British Gymnastics and will not be able to train without it. These fees are due every September/October and are approximately from £10 - £15 a year.

## Term Fees

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

Fundamental programmes include badge and certificate at the end of every term.

Pre-School include badge and certificate every two terms on achievement of set criteria. (See **Preschool notice board for info**).

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 made by BACS using the details below. 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:	Child's British Gymnastics Insurance Number

Anyone who incurs difficulties in payment, please email [payments@lincolngymnastics.club](mailto:payments@lincolngymnastics.club) or speak to a team member.

# Club Kit

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

You can currently purchase 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

- All sessions - Sporting attire, i.e. T shirt & Shorts/Leggings are advised for safety.
- Avoid jeans with zips and pockets, no dresses
- All long hair to be tied back away from the face.
- Drink in a closed water bottle with a name on.
- No food allowed in the gymnastics arena.
  
- Parents – Wear appropriate clothing for moving freely with your child, No jewellery to be worn which can cause injury to yours or another child.
  
- Pre-School Session Girls - Leotard or Full bodied swimsuit. (Shorts and t shirt optional over the top for girls attending preschool)
- Pre-School Session Boys – Shorts/Joggers and T shirt
- Avoid nail varnish or earrings being worn. Newly pierced ears can be initially taped (please provide your own tape)
- Specific Club kit items can be purchased

# Club Rules & Discipline

## GENERAL 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.

# GENERAL 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 and in some circumstances, yourself, are 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.

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# Club Welfare Team



Jess Lovett



Natalie Gunthorpe



Julia Hutchinson

Email: [welfare@lincolngymnastics.club](mailto: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 Club Welfare Team. They will then take the appropriate action necessary.

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



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## Contact Us

Lincoln Gymnastics Club  
Lincoln Gymnastics Centre  
100 Sadler road  
Lincoln LN6 3RS

Phone: 01522 509621  
General Email: [info@lincolngymnastics.club](mailto:info@lincolngymnastics.club)  
Payments: [payments@lincolngymnastics.club](mailto:payments@lincolngymnastics.club)  
Girls/Women's: [womens.artistic@lincolngymnastics.club](mailto:womens.artistic@lincolngymnastics.club)  
Boys/Men: [mens.artistic@lincolngymnastics.club](mailto:mens.artistic@lincolngymnastics.club)

Website: [www.lincolngymnastics.club](http://www.lincolngymnastics.club)