

DAY TIME IN SPRING

PRE SCHOOL OPEN AND TAUGHT SESSIONS

Walking - School age

- We recommend one child per parent/guardian with a maximum of one parent to two children ratio
- Only one supervising parent in the gym at all times
- For safety, children not yet walking must be in sling and can not be put down whilst in the gym
- Parent/guardian must go around and supervise their child(ren) at all times for the duration of the session
- No adults to use the trampolines or high equipment (bars, vault table & beam) at any time
- Only one child at a time on the trampolines
- Walk between apparatus at all time - no running
- No shoes or jewellery to be worn during the session
- We recommend sportswear to be worn in the centre
- Coaches should be informed of any injuries/illnesses prior to the session start time
- Listen and follow instruction from qualified coaches
- No small hand equipment in the foam pit
- Do not enter the gym or use any of the apparatus without a qualified coach present
- Please use the toilet and baby changing facilities available upstairs in the gymnastics centre prior to or afterwards the session
- The toilet and baby changing facilities in the gym is only to be used during the session
- Authorised photography whilst in the gym only (please sign in the black folder upon entering the gym). No photography from the viewing areas in the gymnastics centre
- Be kind and courteous towards staff and other participants at all times

MINI SPRINGER SESSIONS

Walking - 8 years

AS ABOVE

INCLUSIVE SPRING SESSIONS

Walking - 9 years

AS ABOVE AND INCLUDING

- A quiet environment with no music

SEND SESSIONS

Walking - 9 years & 8 - 15 years

AS ABOVE AND INCLUDING

- A maximum of two parents/guardians/carers can supervise one child
- A quiet environment with no music

PRE SCHOOL INDEPENDENT COURSE

3 years - School age

AS ABOVE AND INCLUDING

- All clothing worn must be sports wear; No socks, loose clothing, hoods, zips, buttons, buckles, belts or loose cords
- Long hair must be tied back

SPRINGER SESSIONS

9 - 15 years

- All clothing worn must be sportswear; No socks, loose clothing, hoods, zips, buttons, buckles, belts or loose cords
- Long hair must be tied back