

Thank you for choosing Rainbow Gymnastics as your child's gymnastics club. We are delighted to welcome you and your family, to ours. Rainbow is a non-profit facility, dedicated to teaching safe gymnastic, circus, cheer and parkour skills, in a fun and positive environment.

***Please read this document fully and keep it somewhere safe, as all of the essential information you will require is within.***

## Club Closures

- **HALLOWEEN HOLIDAYS** – Sunday 29<sup>th</sup> Oct – Sunday 5<sup>th</sup> Nov 2023
- **CHRISTMAS TERM** – Sunday 24<sup>th</sup> Dec 2023 – Sunday 7<sup>th</sup> Jan 2024
- **EASTER** – Tuesday 26<sup>th</sup> March 2024 – Monday 1<sup>st</sup> April 2024 (Classes are on Mon 25<sup>th</sup> Mar)
- **SUMMER** – Last Day of Regular Classes is Saturday 29<sup>th</sup> June 2024

## Ability Awards & Progress Reporting

Awards weeks are loved by all the children and is completed during your child's scheduled class. It includes an assessment of the children's progress, which is then recorded on a report which you receive a copy of. The children are skills tested, working towards attaining medals and certificates. If your child successfully passes we will supply them with a slip at the end of their class containing the information and you can purchase their certificates and matching medals at the office. \*Please note – certificate level does not equate to moving class/levels. It is skills- based testing.

Please Note - Unfortunately, due to the amount of organisation, coordination required during awards week, gymnasts who are absent will not be tested on alternate weeks – they will complete certificate work on the next scheduled awards week. The dates of these awards weeks will always be communicated months ahead of time to all parents.

## What Awards Will My Child Work Towards?

**Mini Gym:** Pre-school Ability Awards: Beginning with award 1, then 2, then 3.

**Recreation/improvers :** Ability Awards: Beginning with award 8, then 7,6,5,4,3,2, then 1 is the highest award.

**Boys only and cheer:** Start at level 1 and work up towards level 8

**Improver plus and Advanced Girls:** Advanced Awards: Beginning with Level 1 Bronze, silver and gold then to Level 2 of the same, Level 3 of the same up to level 5.

**Parkour/ Free Running or Cheer:** Parkour or cheer awards from level 1-8

**Circus:** Circus Awards: Beginning with Circus Award 8, then 7,6,5,4,3,2,1. They then progress on to, Level 1 Bronze, Level 1 Silver, Level 1 Gold, Level 2,3,4,5 etc.

### **AWARD WEEK DATES 2023-2024\***

**\*Awards weeks will be on the last week of the month, except when club closures happen, when it will be the week prior to that.**

- September 2023
- November 2023
- January 2024
- March 2024
- May 2024

### **PROGRESS REPORTING DATES 2023-2024\***

**\*Progress reports will go home with your child on the last week of the month, except when club closure happens, when it will be the week prior to that.**

- October 2023
- December 2023
- February 2024
- April 2024
- June 2024

### **Club Competitions at Rainbow**

This is for all classes and routines and entry are all found online. A club uniform must be worn for club competitions. All levels are welcome, but may not be on the same day/session.

- Christmas competition: Sunday 17th December
- Summer competition: Sunday 9th June

### **Competition times**

- Mini Gym: 9.00-10.00am
- Recreation and boys: 10.30am - 11.30am
- Improver girls: 12pm - 1pm
- Advanced: please click on performance championships page as this the competition they will enter.

## **British Gymnastics Membership – (Not Required for Circus/Cheer/Baby Gym)**

British gymnastic 'membership' (your child's insurance) runs October 1st to September 30th for all UK members. The price is set by DOB of the child, regardless of what point you join in the year. As their system is encrypted for security, we are unable to answer any questions regarding their policies, therefore any questions/issues, please contact them directly on **Tel :0345 129 7129. Mon – Fri 9.30am - 530pm. Please do not purchase an insurance policy until directed to do so by the club.**

## **Please note the Rainbow Gymnastics Club Membership (joining fee) is NOT British gymnastics membership/insurance.**

These are two separate things and British gymnastics membership(insurance) needs to be purchased directly from them.

BG membership is mandatory for all gymnasts who participate throughout the UK. Children cannot attend without an active British gymnastics policy in place and there can be no exceptions. The club will cover your child when attending a trial session, under our public liability insurance.

## **How To Purchase a Policy from BG**

**First Step:** Visit British gymnastics website here: [www.british-gymnastics.org/memberships](http://www.british-gymnastics.org/memberships)

**Second Step:** Scroll down and you will see a blue box saying, Join or Renew membership. If your child has never had a policy before, choose 'join' – if they had a policy in the last 5 years, choose 'renew'. If their policy was affiliated to another club, it is easily changed to our club by signing into your existing account and choosing 'Add or Change Primary Club'.

**Third Step:** Answer all of the questions for both the parent and the child. The type of gymnastics you MUST select is 'General' from the list.

**Final Step:** Process payment via card directly to BG. Only when this is paid, is the policy activated immediately.

**PLEASE REMEMBER – THIS IS AN INSURANCE POLICY. ENSURE ALL DETAILS ARE CORRECT AND UP TO DATE. INCLUDE ALL RELEVANT MEDICAL INFORMATION IF APPLICABLE.**

## **How Club Payments Work**

All members must pay a £25 CLUB MEMBERSHIP FEE. This runs September to June and there is a reduction if you join after April in which case it is reduced to £20. Continued.....

Classes are all paid and booked through the Class4kids system. The payment is a subscription agreement that you enter into when you book a class. The fees come out monthly, 1<sup>st</sup> of every month.

PLEASE REMEMBER – Failing to make a payment via the subscription method is a breach of the agreed payment contract. Please make sure to ensure if your designated card or payment method expires, to update it, and also that sufficient funds are available for the scheduled payment to process successfully.

## Late Fee Payments/Notice to Leave

A late payment will result in a £10 administrative charge per parents account, which will be added onto the following month. The second payment will automatically be attempted 3 days later and if this fails, a total of £20 charge will be added to the next month's payment.

Following this your child's will not be permitted to participate in the class and we may be forced to withdraw their space and give it to another customer. You will still be liable for the full month's payment if notice is not given by the 15<sup>th</sup> of your final month. Notice can be given at any time by email: [rainbowgymclub@outlook.com](mailto:rainbowgymclub@outlook.com).

## Notice via email MUST be given to terminate a subscription arrangement BY THE 15<sup>TH</sup> of any month.

We are very aware these are unprecedented difficult times for lots of our parents. If you are facing temporary financial difficulty and would like to chat confidentially about potential options, please contact director Ciara McKenna at the office on 02890 486936.

## Payment Breaks/Holidays

Payment breaks are not possible as we are unable to freeze or hold a space due to high demand for our classes. We do not offer make-up classes for sessions missed due to illness or holidays etc, as we would not be able to offer this to every member and therefore cannot operate that policy fairly.

## New Members Joining

We will calculate the fees owed for the classes in the term when you join on a pro-rata basis and add this to the next month's scheduled fee collection. We only permit one trial class before signing up to the club. This is due to insurance constraints.

## Classes Not Attended

Classes not attended cannot be made up due to coach to child ratios as the club is heavily booked at most times throughout the year. Your child cannot attend alternate sessions, if they cannot make their weekly session day/time due to other commitments or sickness etc. If they are injured during a training session or class at Rainbow, and will miss sessions – please contact the office by email, before any missed sessions occur.

## Refunds

All refunds will be minus a 4.8% deduction fee which is taken by class 4 kids. Club membership is non-refundable. Classes already attended will not be refunded.

## Office Hours

The office hours are noted on the website and are subject to change. If you have any questions, please drop us an email and we will back to you as soon as possible. We are a very large club with an average of 1000 gymnasts weekly passing through, so please bear with us, especially at busy times of the year like awards weeks.

**Club Contact Tel** – 02890 486936 (Please note office staff may be busy with other customers during class times and may not be available to answer calls).

**Rainbow Gymnastics main email address** - [rainbowgymclub@outlook.com](mailto:rainbowgymclub@outlook.com)

## Parent/Guardian Communications

We communicate via email through your class4kids account. Please make sure the email address you have registered with is correct and active. We usually have over 1000 members attending weekly and cannot directly call every member, with updates and important messages. Please understand most emails are club wide and may not be applicable directly to you or your child. However – we do respectfully request you have a quick glance over mail from the club, as we try to keep it to a minimum and it is usually containing important/useful information for parents/guardians.

## Medical Conditions – Important Information

All children who have been declared as having certain specific medical conditions, must follow certain protocols as per our club policy. Medication sent in with the child must NOT be expired. In the case of auto-injectors, there must always be a **minimum of two devices brought to each session**. Failure to bring along life- saving medications to a session, will automatically result in the child not being allowed to participate in that session. This regardless of whether a parent stays onsite or not. **There are NO EXCEPTIONS to this child safety policy.** If you have any concerns, please contact us.

Parents must provide the club with an up-to-date medical action plan, within two weeks of joining, to legally allow us to administer any medications listed on said plan. For some conditions, a parent may be required to stay on-site throughout their child's session. This can be discussed confidentially with the director if required.

## Rainbow Gymnastics – Nut Free Policy

Rainbow Gymnastics is a nut free club. We do not allow any products containing nuts to be brought into the club. Please be mindful of this when sending in lunches/snacks for gymnasts training multiple hours. Any foods sent in breach of this policy will be removed and returned at the end of a session.

## Uniform and Jewellery

### PERMITTED

Leotards  
T-Shirts  
Leggings or shorts  
Hoodies or Jumpers

### NOT PERMITTED

Socks  
School Uniforms  
Skirts/Jeans/Tights/Dresses/Costumes  
Jewellery of any kind including fit bits.

**IMPORTANT** - All Rainbow gymnasts regardless of gender must attend their sessions in a suitable Rainbow uniform. The RGC leotard is the purple Milano brand, and is available in sizes suitable from age 2yrs-adult. We have a huge selection of T-shirts, shorts, sports leggings, hoodies, onesies and grip socks. It is very important for your child to attend their session in their club uniform.

## Piercings

Parents should contact the office to record that a child has a new piercing. Children have 6 weeks from the date of piercing in which a parent can cover the ears with plasters/tape - after which they must be removed as per British Gymnastics policy. **There are no exceptions.**

Failure to remove piercings will invalidate the gymnast's insurance – therefore they will not be permitted to train with them in or with ears covered by plasters after the healing period of 6 weeks.

## Footwear

Bare feet are the standard for safety when performing gymnastics. All gymnasts are required to attend their sessions in their bare feet unless they have a foot infection in which case, grip socks must be worn. Grip socks can be any brand/colour, and as long as they are proper sports socks and not bed style fluffy socks. We retail grip socks at reception for your convenience.

## Hair

Hair must be tied up at all times regardless of gender. Very long ponytails are not recommended and plaited long hair is strongly recommended for safety. No hard hairbands, clips or adornments should be worn.

## Drop Off and Pick Up

The carpark is a communal carpark and is used by the entire business park. Please try to use rainbow gymnastics spaces which are marked out. There are some at the front and the side of the building. You can also park out on Ballyoran lane. Please do not double park and leave your vehicle in the car park as this causes traffic flow issues to quickly build up. Do not under any circumstances block access to fire exits or the side of the building at ANY TIME.

## Club Timetable

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Class length	Cost
Baby Gym (ages 0-4) unstructured soft play class	10am	10am	11am	11am	10am		45 mins	£5 walker £3 non walker
Parent assisted pre school gymnastics ages (20 months - 4 years)	11am	11am	10am	10am	11am		30 mins	35
Mini gym ages 3,4 and 5 (girls and boys)	2.30pm 3.30pm	2.30pm 3.00pm 3.30pm	2.30pm 3.00pm 3.30pm	2.30pm 3.00pm 3.30pm	2.30pm 3.00pm 3.30pm	8.30am,9.00am,9.30am,10am 10.30am,11am 11.30am	45 mins	37
Recreation ages 5+(P1 plus) (girls and boys)	2.30pm 3.30pm	2.30pm 3.00pm 3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	2.30pm 3.00pm 3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	2.30pm 3.00pm 3.30pm 4.30pm 5.30pm	2.30pm 3.00pm 3.30pm 4.30pm 5.30pm	8.30am,9.00am,9.30am,10am 10.30am,11am 11.30am,12pm	50 mins	37
Improver girls – selection only		3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	8.30am,9.00am,9.30am,10am 10.30am,11am 11.30am,12pm	1 hour	39
Improver plus girls– selection only		6.00pm 6.30pm	6.00pm 6.30pm	6.30pm	6.30pm 7.00pm	11.30am 12.00pm 12.30pm	1 ½ hour	55
Advanced 1 girls selection only		6.30pm	6.30pm	6.30pm	6.30pm	12.30pm	1 ½ hour	55
Advanced 2 girls selection only						12.30pm	1 ½ hour	55
Advanced girls competition class – selection only				6.30pm	6.30pm		1 ½ hour	55
Boys Free G(Parkour) age 5-7				4pm	4pm 5pm	8.30am,9,30am,10.30am	50 mins	37
Girls and boys parkour (age 5+)				5pm			50 mins	37
Boys Free G(Parkour) age 8+				6pm 7pm	6pm 7pm	12.30pm	1 hour	39
Boys free g(Parkour) plus Selection only Age 10+						12.30pm	1 hour	39
Cheer gym – girls ages 5-9					4pm 5pm 6pm		1 hour	35
Circus 1 age 6-8					4pm		45 mins	35
Circus 2 age 8-11					5pm		1 hour	37
Circus 3					6pm		1 ½ hour	55
Circus 4					7pm		1 ½ hour	55

### Club Activities 2023-2024

Month	Activity – must attend class to participate we cannot do it on a different date if not in attendance	Cost
September last class of month	<ul style="list-style-type: none"> <li>Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li> <li>Fun activity this week alongside testing and their normal gymnastics: Climbing wall and zip line</li> </ul>	£5.00
October last class of month	<ul style="list-style-type: none"> <li>Childrens Progress Report.</li> <li>Fun activity this week alongside testing and their normal gymnastics: Halloween activities and face painting</li> </ul>	Free
November last class of month	<ul style="list-style-type: none"> <li>Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li> <li>Fun activity: Glitter/Temporary Tattoos and Inflatable obstacle course</li> </ul>	£5.00
December last class of month	<ul style="list-style-type: none"> <li>Childrens progress report.</li> <li>Fun activity: PJ Week – wear your PJs to class and donate £2 to help the club fundraise. We will also have a bouncy castle station this week.</li> </ul>	£2.00
January last class of month	<ul style="list-style-type: none"> <li>Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li> </ul>	£5.00



	<ul style="list-style-type: none"> <li>• Fun activity: Gymnastics treasure hunt</li> </ul>	
February last class of month	<ul style="list-style-type: none"> <li>• Childrens progress report.</li> <li>• Fun activity: Circus</li> </ul>	Free
March last class of the Month	<ul style="list-style-type: none"> <li>• Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li> <li>• Fun activity: Sack races and egg and spoon gymnastics race</li> </ul>	£5.00
April last class of the Month	<ul style="list-style-type: none"> <li>• Childrens progress report.</li> <li>• Fun activity: Ninja Climbing wall and zip line</li> </ul>	Free
May last class of the Month	<ul style="list-style-type: none"> <li>• Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li> <li>• Fun activity: Bouncy Castle</li> </ul>	£5.00
June last class of the month	<ul style="list-style-type: none"> <li>• Parents participation day. Parents can donate £2.00 to come in and participate in their child's class. This will be fun low risk activities, not using the gymnastic equipment. Only 1 adult per child. *Please note the adult must complete the session in suitable clothing and bare feet.</li> </ul>	Free