



Preschool - Handbook 2024
Tanners Wood Hall, School Mead,
Abbots Langley, WD5 0LA
dolphinagymnastics.com



Welcome to Dolphina Gymnastics, thank you for choosing to become a member with us!

In this handbook you will find instructions for important next steps that you will need to complete plus all the relevant information that you need to know whilst your child is taking part in our classes, please read carefully.

Your little gymnast will learn so much whilst in their classes that will help towards their future. Please be aware that some things we do with the children may seem repetitive to you, however these things will be the key foundations for them in their future in gymnastics.

Our classes will help develop children in many areas, some of which include:

- Locomotor skills
- Coordination
 - Balance
 - Discipline
 - Patience
- Social skills
- Cognitive skills

With Parent Classes

This is a coach led structured class that requires the parent/carer to lead the gymnast round on the apparatus. They will start with a warm-up on our floor area followed by two rotations of challenging obstacles on our specialist gymnastics equipment, finishing with some free time to further explore their favourite activity of the day! Please note that our rotations change every two weeks. These sessions are suitable for 18months to 4 years and are perfect for those not yet ready to attend a class on their own.



Little Gymnasts

This class is a fully structured session without a parent/carer. Our Little Gymnasts will learn basic gymnastic shapes and movements as well as develop important social skills such as, taking turns, waiting in line, being able to listen and follow instructions in an active environment. Your Little Gymnast must be aged 3-4years to participate in this class and is a perfect introduction to our after school and weekend classes.

WHAT HAVE I PAID?

WITH- PARENT CLASSES:

Each session is **£7.50** X by the number of weeks remaining in the term.
E.g 7 weeks of term X £7.50 = £52.50

LITTLE GYMNAST CLASSES:

Each session is **£9.00** X by the number of weeks remaining in the term.
E.g 7 weeks of term X £9.00 = £63.00

JOINING FEE:

We have a joining fee when signing up to our classes. This is **£20**. When you join our Pre-school classes you receive a FREE 'Little Gymnast' t-shirt. As Dolphina is a not-for-profit organisation all fees go back into the club to better the facilities as well as going towards the cost of ensuring our staff are fully CRB checked, child protection courses and first aid courses. Eastern County Membership is also included in this as well as a small admin fee.

Please note: If you were not to renew for the next term, then re-join the term, the joining fee would be charged again

DOLPHINA MEMBER:

Whilst enrolled onto a current term you are classed as a Dolphina member. To maintain being classed as a member, you will need to continue renewing your child's space termly.



BRITISH GYMNASTICS INSURANCE:

FOR LITTLE GYMNAST CLASSES ONLY - You need to register your Gymnast for British Gymnastics Insurance, registration and payment is to be made by you. This needs to be done before your next session and is required for your child to be able to take part in our sessions. This is an annual payment of **£14.00** which is due every September.

You can register here <https://www.british-gymnastics.org/memberships>

If joining from another club, you will need to link Dolphina to your account.

TERMS & CONDITIONS:

By signing up for a course at Dolphina you are agreeing to our Terms & Conditions and Club Rules.

Terms & Conditions and Club Rules are attached to this email, please make sure you read carefully. You will also find them on our notice boards within the centre as well as our website.



Dolphina Gymnastics Centre

Members Joining Rules/ Terms & Conditions

By signing up to a course at Dolphina Gymnastics you are agreeing to our Terms & Conditions stated below. Please read carefully.

- 1) Dolphina uniform must be worn.
 - Pre-school T-shirt/leggings/leotard/Socks
 - Recreational Dolphina leotard for girls.
 - Dolphina T-shirt with black/navy shorts for boys.
 - Competitive General Leotard for General Squad gymnasts. (Ordered through Dolphina.)
 - Artistic Squad Competition and training leotard. (Ordered through Dolphina.)Uniform can be purchased through Beasts School Uniform. Please see reception for more details.
- 2) Any gymnast wishing to take clothing into the gym must have a draw string bag. (Can be purchased at reception.)
- 3) Please ensure only soft water is taken into the gym.
- 4) Gymnasts who have newly pierced ears can only attend if:
 - Earing Declaration form is completed and signed by parent - Please see reception.
 - Micropore tape covering the earrings - Can be purchased at reception.
 - Stud earrings only will be permitted whilst healing.
 - After 6 weeks NO earrings will be permitted during training or competitions. Any gymnast refusing to remove earrings will not be permitted to train.
- 5) For the safety of all our gymnasts and coaches NO jewellery or religious bands are permitted during training or competitions.
- 6) Long hair must be tied up. If ponytail is lower than shoulder height it must be tied into a plait or bun to avoid catching whilst training.
- 7) The gym is a busy place and coaches are all required to coach a group therefore any gymnast arriving after the warm-up has finished will not be permitted to train.
- 8) The use of foul language is not permitted in the centre.
- 9) Abuse towards staff will not be tolerated. Any member abusing staff will have their membership revoked and no refund will be offered.
- 10) Parking is limited, please do not obstruct the tarmac. A parking permit will be provided and MUST be displayed to park in the carpark.
- 11) Dolphina is a members' only club, Dolphina membership is required to train at the centre.
- 12) British Gymnastics insurance is required for all gymnasts who are training. Any gymnast without a current BG insurance will not be permitted to train and no refund will be offered.
- 13) In the event classes are cancelled due to the centre being closed because of unforeseen circumstances (i.e., extreme weather conditions, I understand this is out of the centre's control and that session will not be reimbursed.



UNIFORM:

Upon joining you will receive a FREE Little Gymnast t-shirt that can be worn with shorts, leggings, or tracksuit bottoms, please no jeans, skirts, or tights to be worn. It is important that your gymnast can move freely and is not restricted by their clothing. **SOCKS TO BE REMOVED.**



TERM DATES:

Please see picture for Term dates for our Spring Term 2024.

SPRING TERM DATES 2024								Weeks remaining	Course Fees £11.50	DGC One Off Joining Fee £40.00	FEES & JOINING FEE TOTAL	2 Hour Advanced Total
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
Week 1		02-Jan	03-Jan	04-Jan	05-Jan	06-Jan	07-Jan	7	£80.50	£40.00	£120.50	
Week 2	08-Jan	09-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	6	£69.00	£40.00	£109.00	
Week 3	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	5	£57.50	£40.00	£97.50	
Week 4	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	4	£46.00	£40.00	£86.00	
Week 5	29-Jan	30-Jan	31-Jan	01-Feb	02-Feb	03-Feb	04-Feb	3	£34.50	£40.00	£74.50	
Week 6	05-Feb	06-Feb	07-Feb	08-Feb	09-Feb	10-Feb	11-Feb	2	£23.00	£40.00	£63.00	
Week 7	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	1	£11.50	£40.00	£51.50	
HALF TERM 19TH FEBRUARY TO 25TH FEBRUARY									£0.00	£40.00	£40.00	
FROM NEW SITE - TANNERS WOOD HALL									£0.00	£40.00	£40.00	
Week 1			28-Feb	29-Feb	01-Mar	02-Mar	03-Mar	5	£57.50	£40.00	£97.50	
Week 2			06-Mar	07-Mar	08-Mar	09-Mar	10-Mar	4	£46.00	£40.00	£86.00	
Week 3			13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	3	£34.50	£40.00	£74.50	
Week 4			20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	2	£23.00	£40.00	£63.00	
Week 5			27-Mar	28-Mar				1	£11.50	£40.00	£51.50	



RENEWALS:

When signing up you would have created a 'Joinin' account. You will need to keep your account updated with your gymnasts' details. This is also where you will find your renewals, make payments, and visit our shop. Preschool is charged half termly, Renewals for the next term will be sent out 2 weeks before the end of the current term. You will receive an email link to log onto your LoveAdmin account to make payment and renew for the next Term. You have 7 days to renew, if you have not paid, your child's name will be removed from the register and the space will offered to our waiting list. You will no longer be a member with us if you aren't enrolled on a current term.



KEEP UP TO DATE:

Dolphina mainly communicates through emails, please make sure we have the correct email address for you and be sure to check it regularly!

Be sure to follow us on social media handles, as we share information, upcoming events as well as new skills achieved by gymnasts within sessions!



INSTAGRAM – @dolphinagymnasticscentre



FACEBOOK – Dolphina Gymnastics Centre / Dolphina Gymnastics Club (closed group)



TIKTOK - @dolphinagymclub



YOUTUBE – Dolphina Gymnastics



Every Person Fails,
Champions Simply
Get Up & Begin Again

