



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



Thank you for booking a taster session at Dolphina.

In this handbook you will find all the relevant information that you need to know about our preschool classes. If you still feel like you would like to speak to a member of the team, please don't hesitate to contact us!

01923 800158 / officedolphinagymclub@gmail.com

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 warmup 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. Viewing for the Little Gymnast classes will be in our downstairs gallery next to our café.

PRICES:

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 one off joining 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 attend your first session & signing up for a taster session or 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.





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:

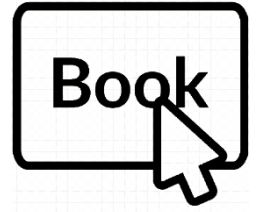
Please see picture for Term dates for our Summer Term 2024 – 1st half.

SUMMER TERM DATES 2024					
	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1				13-Apr	14-Apr
Week 2	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Week 3	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
Week 4	01-May		03-May	04-May	05-May
Week 5	08-May	09-May	10-May	11-May	12-May
Week 6	15-May	16-May	17-May	18-May	19-May
Week 7	22-May	23-May	24-May	25-May	26-May
Week 8	29-May	30-May	31-May	01-Jun	02-Jun



BOOKING & RENEWALS:

TASTERS: We do offer taster sessions, £8.50 (With-parent classes) & £10.00 (Little Gymnasts.) All are non-refundable or transferable. You can choose any day or time we have available, and this space will be held for you until the end of the taster session. This means you can trial the session before booking the full course as all bookings are non-refundable.



BOOKINGS: If you want to book the full course after your taster session, we recommend booking straight after your taster session as the space is only held until the end of your taster session then the space is opened back up to other customers. Our spaces fill quickly, please book as soon as possible to avoid disappointment. Course bookings are non-refundable.



RENEWALS: Preschool is charged half termly, Renewals for the next term will be sent out 2 weeks before the end of the current 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.

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 our 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

