

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 After-school 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

PRICES:

CLASSES:

Each session is **£11.50** X by the number of weeks remaining in the term.
E.g 16 weeks of term X £11.50 = £184.00

2HR ADVANCED CLASS:

Each session is **£22.00** X by the number of weeks remaining in the term.

JOINING FEE:

We have a one off joining when signing up to our classes. This is **£40**.

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:

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 **£20.00** 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 attending 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.

All bookings are non-refundable.



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 Beats 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 still water is taken into the gym.
- 4) Gymnasts who have newly pierced ears can only attend if:
 - Earring Declaration form is completed and signed by parent - Please see reception.
 - Microperla 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 pigtail 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 lorries. 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:

It is compulsory for your gymnast to wear the correct Dolphina Uniform. Girls will be required to wear the Dolphina Leotard (shorts & leggings optional.) Boys must wear the Dolphina T-shirt with black/navy shorts.

Clothing with buckles, buttons, zips, tassels cannot be worn during your child's class this includes jeans, hoodies, and dresses. All jewellery must be removed.

All uniform is sold through beats school uniform, you can order online here

https://beatschooluniforms.co.uk/clubs/dolphina_gymnastics/

Alternatively, you can purchase in store at this address:

116 The Parade, High Street, Watford, WD17 1BD

BADGES:

We work towards the Dolphina Awards Level system. This is our own Levels which we have created. Gymnasts will have to achieve skills across all apparatus. There are 8 badges to achieve in total, (8 being the lowest & 1 being the highest). Then Bronze, Silver & Gold. Each level has certain skills children must be able to do to pass the level. We aim for gymnasts to pass one level per term; however, it is important to understand that all gymnasts progress at their own pace and therefore are not always guaranteed to achieve a level, especially for the Bronze, Silver & Gold as there is lots more skills to achieve.

Once you have passed your badge 5, children are ready to move to our Intermediate class. Once children have passed badge 1, they are ready to move to our Advanced class.

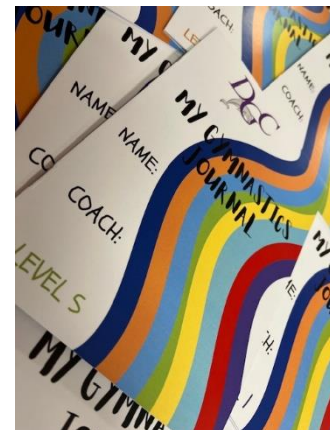
In our advanced classes they work towards the Bronze, Silver & Gold Levels.





MY GYMNASTICS JOURNAL:

Each gymnast will receive a Gymnastics Journal. The idea of the Gymnastics Journal is to provide you the parent/carer feedback of each class attended, providing the gymnast brings the booklet with them each week. Stickers will be provided to show you what apparatus has been used and a feedback sticker to give you some insight on how your gymnast is progressing during their class. It will show what level your gymnast is on and what skills they are attempting to achieve at that level.



TERM DATES:

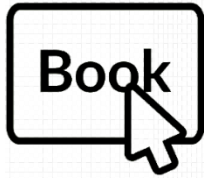
Please see below for Term dates for our Summer Term 2024 – 1st half.

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



TASTER, BOOKINGS & RENEWALS:

TASTER SESSIONS: We offer taster sessions; these are **£12.50** (£23.00 for a 2hr class) and must be book & paid for in advance. All taster sessions 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.



BOOKING COURSE: 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: Renewals for the next term will be sent out 4 weeks before the end of the current term. You can access your renewal info, make payments, view our shop, term dates and gymnasts' details. 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

