

## **Vernon Park Gymnastics Early Years Sessions**

3<sup>rd</sup> Term Post Lockdown

4 WEEK TERM START DATE: 30<sup>th</sup> September 2020

DATES: Week 1 -30<sup>th</sup> September-4<sup>th</sup> October, Week 2- 7<sup>th</sup>-11<sup>th</sup> October, Week 3- 14<sup>th</sup>-18<sup>th</sup> October (NO SESSIONS 19<sup>th</sup> OCTOBER-3<sup>RD</sup> NOVEMBER), Week 4- 4<sup>th</sup>-8<sup>th</sup> November

MAX CAPACITY PER SESSION: 8 households

AGES WE CAN CATER FOR IN THESE SESSIONS: 2,3, 4 & 5year olds Children must be capable of social distancing with parental supervision

SESSION TYPES AVAILABLE: Pre-booked fully structured parent & child sessions only. There will be no free-play elements in any of our sessions, this is so that we may maintain social distancing and negate the sharing of apparatus within each session. A responsible adult must stay with and supervise their child for the duration of the session. Maximum of one adult per household.

SIBLINGS: Younger siblings may only attend if social distancing can still be maintained safely i.e. babes in arms, unfortunately we cannot accept any other siblings at this time- this will be reconsidered as government guidelines change.

DAYS & TIMES: Wednesdays 9.45-11.20am, Fridays 9.45-11.20am, Saturdays 8.30-9.05 am, Sundays 8.40-9.15am. Each child must enrol on one set session; they cannot swap sessions from week to week. The duration has been selected to minimise the need to use the toilet facilities during the session. Toilets will be open but staff will be required to clean them after each use. Due to social distancing requirements, we aren't able to offer our usual early years days & times.

PRICING: £24 per term course fee. We are unable to deduct any planned absences from your course fees. Taster sessions (subject to availability) are £6 for 1 session

REMINDER: British Gymnastics membership is a requirement for all taught sessions except taster sessions. Please note that this must be renewed by October

BOOKING PROCESS:

1. Follow the link available on our website once booking opens to access and complete our online booking form & covid-19 participation agreement. Full payment will be required through this form at time of booking, with the options to pay by PayPal or debit card
2. We will check the details on your form before sending you a text. Please ensure that you reply to the text to complete your booking and to receive details of which social distanced spaces your household has been allocated.
3. If the session you have chosen is full, we will contact you & advise you on the sessions which have spaces available. You may then either submit a new booking form for an available session or we will refund your payment.

Booking will be open from 15<sup>th</sup> September 2020 for those who enrolled on our Saturday & Sunday September term sessions. From 18<sup>th</sup> September priority booking will open to those who enrolled on any of our September sessions. From 24<sup>th</sup> September 2020 we will start accepting bookings from other customers. Places are on a first come, first served basis and the deadline for booking is no

later than 27<sup>th</sup> September 2020. After this date we will work down our stand by list for taster sessions filling any availability which we may have

**ARRIVAL:** The waiting room and vending machines will not be in use. Please arrive on time for your session and wait at your designated entry door no earlier than 10 minutes before your session is due to start and no later than 5 minutes before your session start time. There are zones sectioned off outside, please stand with you child on the coloured footprints in your allocated zone which will be provided by text prior to each session. Please observe social distancing whilst waiting and supervise your children in the busy car park. Facemasks will need to be worn by all adults who are able to whilst in this area. Do not enter the centre until one of our coaches escorts the group in.

**ENTRY:** Coaches will facilitate entry 5 minutes before the session is due to start. Everyone will be required to use the centre's hand sanitiser upon entry. Please maintain social distancing of 2 metres, whilst you are guided to your start space. Please ensure all shoes are removed and placed in your designated box with any other belongings you may have. All shoes, coats, bags and other belongings must remain in your space until the end of the session. Please bring as little belongings as possible to the sessions. If you require space for a trolley/pram, please advise us at time of booking. Whilst walking to your designated space, please do not touch any of the other equipment set up around the gym. Food and drink are not permitted to be consumed in the gym during these 35-minute sessions.

**SESSION STRUCTURE:** Approximate timings and structure for sessions as follows (subject to change):

1. 5 mins warm up
2. 5 mins working on floor skill of the day
3. 15 mins circuit/ challenges on 1 piece of apparatus per week
4. 10 mins working on floor stretch of the day, cool down & listening game

Hand sanitiser must be used on exit.

Exercises from the Preschool Core Proficiency awards and from the Fundamentals City Fun award will be included in every session. These awards will be available to purchase (for those who achieve them) between session 3 & 4, for collection at session 4. Purchase of these is completely optional, if you do decide to buy the certificate and badge, the cost will be £3.50 per award- payable by online Debit card/PayPal only. You will receive more information on this after your 3rd session.

**CANCELLATION POLICY & ILLNESS:** Please do not attend sessions if you or anyone in your household or support bubble displays any of the symptoms of covid-19. We are unable to refund any sessions missed due to illness or other reasons. Any cancellations made by customers are non-refundable unless cancelled prior to the booking deadline of 27<sup>th</sup> September. If we are unable to operate the session for any reason, (for example if we are placed in a local lockdown or there is a problem with the facility), we will honour any sessions owed or provide a refund if we are unable to.

**WELFARE:** Nina Grommell is the clubs designated welfare officer, she can be contacted at [vernonparkpreschoolgymnastics@outlook.com](mailto:vernonparkpreschoolgymnastics@outlook.com), if you have any concerns or enquiries. She is also the person responsible for running the sessions so if you would prefer to contact another member of our team, Barry/Rachel Mclaughlin can be contacted at [vernonparkgym@aol.com](mailto:vernonparkgym@aol.com). We take welfare very seriously, and strive to promote a happy and healthy learning environment for all who attend our sessions.

PHOTOGRAPHY: Please note that photography is not permitted by parents during the sessions for safeguarding reasons. Coaches will try where possible to take photographs over the course for those who provide photo consent at time of booking.