

Welcome Information



GYMNASTICS ACADEMY

BALLYCRAIGY BUSINESS PARK, 655 ANTRIM ROAD, NEWTOWNABBEY, BT36 4RG
Tel: 028 9083 3603

Welcome to FLIGHT GYMNASTICS ACADEMY CIC (Communities Interest Company).

CLUB OF THE YEAR

FLIGHT have been awarded the prestigious 'Club of the Year' Award 2019! We have also been approved as a Safe, Fun and Educational environment through British Gymnastic's Clubmark Accreditation scheme.

CLASSES

Flight offer playgym sessions, preschool classes, a General Gym program for gymnasts aged 4+ in Recreational Gymnastics, Trampoline and Double Mini Trampoline (DMT) as well as Competitive Squads training in Acro, Tumbling, TeamGym, Trampolining and DMT! Find out more on our website. Preschool parents/guardians must stay for the duration of the session.

DROP IN SESSIONS

Playgym (Mon - Fri 10am - 12noon)
walking - 4yrs. Parental supervision at all times.
£4/child (max 3 kids per adult)

SQUADS

Acrobatic Gymnastics (Invitation only)
Tumbling (Contact Head Coach to arrange a trial)
Trampoline & DMT (Invitation only)
TeamGym (Contact Head Coach to arrange a trial)

DISABILITY GYMNASTICS

Disability Gymnastics (Saturday 3pm and 4pm)
For further information contact Stephanie -
stephanie@weareion.com

GENERAL GYM

Preschool Classes (see timetable)
45min classes

Recreational General Gymnastics (see timetable)
1 Hours Classes, 32 gymnasts, 4 coaches
2 in house competitions/year & end of year display

Recreational Trampolining (see timetable)
1 Hour Classes, 12 gymnasts, 1 coach
Competitions throughout the year

MyClub (Monday and Friday)
2 Hour Session, Year 8+



GYMNASTICS ACADEMY

COACHING TEAM

All of our coaching team are qualified at Level 1 and above in relevant disciplines. All coaches have DBS (criminal records check) and Safeguarding Children and Young People training.

COMMUNICATION

FLIGHT will send regular emails to keep you updated on what is going on throughout the club, from payments to competitions and bun sales. Please ensure you sign up with an email address you check regularly and contact the office if you do not receive regular emails from us.

ATTENDANCE/LATENESS

To ensure you get the most out of your membership and to help our coaches keep track of class progressions we would appreciate it if you could email your coach to let them know if your gymnast will not be in class for more than 2 weeks. If you are absent from class for 3 weeks without any communication, you will receive an email to see if you are returning to class. For 4 weeks of class missed, along with outstanding payments, you will be removed from LOVEADMIN.

We understand that sometimes running late is inevitable. However all of our sessions begin with a physical warm up; this must be done prior to participating in the session. If you miss warm up, you will not be able to join in.

CLOTHING

Please ensure hair is tied back and all jewellery is removed before the start of the lesson.

Personal belongings left in the gym, if found, will be put into the lost property box (located beside bleachers)

GENERAL GYM - GYMNASTICS

All participants should arrive to class wearing shorts/leggings and a t-shirt. If your child has a leotard they are more than welcome to wear it but it is not compulsory. Please avoid anything with zips. No footwear is to be worn in the gym. Socks should only be worn if cuts/verruccas are present (even if they are being treated). Please bring a drink.

GENERAL GYM - TRAMPOLINE

Non slip socks must be worn. All participants should wear shorts/leggings and a t-shirt. A leotard can be worn but it is not compulsory. Please avoid anything with zips. Please bring a drink.

CLOSURES 2019/2020

2019

Christmas Holidays: last day Saturday 21/12
return Saturday 04/01

2020

Easter Holidays: last day Tuesday 07/04
return Monday 20/04

Summer Holidays: last day Tuesday 07/07
return Wednesday
15/07

CONTACT US

If you have any queries please email OFFICE@FLIGHTGYMNASTICS.CO.UK or phone the office between 10am - 2pm.

Our Policies and Procedures can be found on the website.



GYMNASTICS ACADEMY

FEES & INSURANCE

FLIGHT Club membership fee - £33 (Sept-Sept) includes BG membership & insurance (£18).

Class/Training Fees (Class Specific) - 48 weeks of class divided over 12 months

CLASS FEES

Pre school (45mins class) - £24/month

General Gym (1 hour class)

Gymnastics & Trampoline - £26/month

MyClub (2 hour class) - £40

If your child is not in a squad and does more than 3 hours / week please contact

Judithhindes@flightgymnastics.co.uk

Sibling Discount Available *

10% off for 3rd child and there after

HOW TO JOIN

Please follow the online pathway to sign up and keep an eye on your emails for on-going communications.



STEP 4 * set up a direct debit via secure online payment system 'LoveAdmin' for monthly class fees.

STEP 6 * SIGN UP FOR YOUR BRITISH GYMNASTICS MEMBERSHIP if you don't do this you won't be insured and won't be able to take part in class.

LOVE ADMIN

All administration is managed through our secure online management system **LOVEADMIN**, from sign ups to communication and payments (administered by Go Cardless) throughout the year. Please ensure you have completed all aspects of the online form correctly.

WHAT IF I WANT TO CHANGE OR JOIN AN ADDITIONAL CLASS?

If you want to try a different class or add on an additional session, please contact the office directly via phone/email

WHAT HAPPENS IF I MISS A CLASS?

If you are absent from class for 3 weeks you will receive an email to see if you are returning to class. For 4 weeks of class missed, along with outstanding payments, you will be removed from LOVEADMIN.

WHAT IF I WANT TO CANCEL MY MEMBERSHIP?

If you wish to cancel your membership please contact the office directly (judithhindes@flightgymnastics.co.uk).

Please cancel your membership before the end of the month prior to finishing. Failure to do so will result in another month of fees being owed.

COMING SOON... LOVEADMIN APP to keep track of your gymnasts progression.

DATES FOR YOUR DIARY

2019/2020

JULY

15 First Day Back

DECEMBER

1 Club Competition

16 Charity Week

21 Last Class Before Holiday

JANUARY

4 First Day Back

MARCH

29 Club Competition

APRIL

7 Last Class Before Holiday

20 First Day Back

27 Charity Week

JUNE

8 Display Week

JULY

7 Last Class Before Holiday

15 First Day Back



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