Dear Parents/ Guardians.

Thank you for choosing gymnastics as your after-school club next term. We are excited to see what your child can achieve during our 9 - week gymnastic programme with us.

Our workshops will run from Thursday 5th May – Thursday 7th July (up to the Summer holidays)

Each workshop will be run by qualified British Gymnastics coaches and will incorporate all elements of teamgym including – shaping, rolling, balancing, jumping, basic gymnastic elements and sequences. Children will learn about teamwork and be included in our group activities and challenges.

Our workshops will run from 3.20pm - 4.15pm with 5 minutes to get ready and disperse at 4.20 pm where our coach will meet you at the school gate. Please be prompt in collecting your children at 4.20 as our coaches will be shooting off to other workshop straight afterwards.

If you have not collected your child by 4.30pm we will have to sign them over to the office.

Please bear with us at the time of dispersal. Our coaches do not know you as parents and teach over 100 kids a week. Please watch for your child at the gate and acknowledge that you are the parent /carer taking them home. Thank you in advance.

Children can wear their PE kit or something that they can move around freely in.

Coaches should be aware of any illnesses or injuries that will affect your child from participating in our workshops at the start of the ssession.

All gymnastics skills will be broken down into smaller, unsupported and achievable goals. These skills will be prepared on our sanitised inflatable apparatus and existing school equipment.

We expect all children to adhere to their school code of conduct and covid regulations during their time with us. We have left a copy of our Nicky's WorkShop code of contact with the school should anyone wish to look at it.

Workshops will be charged at £6 for a period of 9 weeks. A payment for the full £54 should be paid by BACS to:

Nicky's Workshop CIC

Bank: Starling

Sort code: 608371

Account number: 85057566

Ref: balc + name of child

Please have a look at our website www.nickysworkshop.co.uk for any other information about our club.

If you still need questions answered please email us on info@nickysworkshop.co.uk

We also have a public facebook page Nicky’s WorkShop and Instagram nickys_workshop_ Please come and find us and see what we get up to.

We look forward to coaching you all in May.

Dream Believe Achieve

Name: Date of Birth:

Emergency Contact Details: Medical conditions:

Payment £54 bacs (details above) / cheque (made payable to Nicky's Workshop) Y / N

My child will be collected by: