



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 10-week gymnastic programme with Charlotte.

Our workshops will run from Friday 17<sup>th</sup> January – Friday 27<sup>th</sup> March (excluding half term)

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. All coaches have a DBS and hold current emergency first aid qualifications.

Our workshops will run from 3.20-4.20pm. Please be prompt in collecting your children as our coaches will be shooting off to another workshop afterwards. Thank you.

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 session.

We expect all children to adhere to their school code of conduct 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 £4 per week for a period of 10 weeks. A payment for the full £40 should be paid by cheque or bacs to:

Nicky's Workshop

Bank: HSBC

Sort code: 401822      Account number: 02183560

Ref: Balcombe + name of child

Please have a look at our website [www.nickysworkshop.co.uk](http://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](mailto:info@nickysworkshop.co.uk)

We look forward to coaching you all in 2020.

Dream Believe Achieve

---

Name:

Date of Birth

Emergency Contact Details:

Medical conditions:

Payment £40 bacs/ cheque (made payable to Nicky's Workshop)

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 will sometimes use Photograph or videos on our social media accounts to publicise and celebrate our gymnasts' achievements. Are you happy for your child to be included (Please circle) :

Yes                  No