



Birmingham Gymnastics Academy,
Metchley Park Road,
Harborne,
Birmingham.
B15 2PQ.
Tel: **0121 455 0239** or **07736 731 474**

Dear Gymnast/Parent/Carer,

Introductory letter

On behalf of Birmingham Gymnastics Academy we would like to welcome you and/or your child to the club and provide you with some information about our activities. The club provides opportunities for everyone from 9 months to adulthood to take part in the sport of gymnastics.

Birmingham Gymnastics Academy is a small, friendly, family run gymnastics club based on the [Metchley Lane site](#) in the heart of the Harborne community. We focus on recreational gymnastics, encouraging children to learn gymnastics in a positive, supportive and exciting learning environment. We aim to improve children's balance, flexibility and strength and want every child to feel really special, with lots of positive praise, rewards and stickers.

Birmingham Gymnastics Academy prides itself in being a fun, safe and enjoyable learning environment, using only qualified coaches, drawing upon years of experience in the world of gymnastics, early years settings and as qualified teachers who want children to 'enjoy their gymnastics' in a positive and caring environment.

All coaching is by qualified British Gymnastics coaches who are trained and have been screened for their suitability for working with young people and vulnerable adults.

As a gymnastics club, we are committed to providing high quality standards for all participants in relation to effective management, quality coaching and competition, and safety in sport. Our Club Welfare Officer, Lesley Browne, is responsible for ensuring that our safeguarding policy is implemented and can be contacted on 07736 731 474 should you have any concerns.

We welcome parents to all training and competitions and value your support. We are keen to involve parents in the club and regularly feedback on each gymnast's progress and invite you into the gymnasium to share your child's successes at various events throughout the year. Please visit Birmingham Gymnastics Academies website @ www.birminghamgymnasticsacademy.org to find some information about training times and dates, and details regarding our new club kit..

Training sessions take place on Monday, Tuesday, Thursday, Friday, Saturday and Sunday, class times are highlighted on the website.

We appreciate it if children can arrive promptly and are collected promptly at the end of the session. If you are going to be late picking your child up, please contact us on 07736 731 474 to let us know everything is all right, so we can reassure your child and keep them safe.

The cost of each training session is usually £55 for twelve 45 minute sessions. The pre-school Play Gym cost £5 per session or parents can book termly for £55. We also offer Birthday Parties from 4pm until 6pm on a Saturday evening.



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday Times | Saturday | Sunday |
|--------------------|---|-----------------------------|-----------|--|-----------------------------|-------------------------|------------------------------------|--|
| 9.30 – 10.30 | Pre School Play Gym (3 months – 4 years) | | | Pre School Play Gym (3 months – 4 years) | | 9 am – 10 am | Pre School Play Gym (3 months - 4) | |
| 11.00 am - 11.45pm | Toddlers (2 ½ to 3 ½) | | | Toddlers (2 ½ to 3 ½) | | 10.am-10.45am Toddlers | (2 ½ to 3 ½) | |
| 11.45pm - 12.30pm | Pre School (3 to 4 years) | | | Pre School (3 to 4 years) | | 10.45 -11.30am Toddlers | (2 ½ to 3 ½) | |
| | | | | | | 11.30 - 12.15 | Gymnastics 4/5 | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday times | Saturday | Sunday |
| 4pm- 4.45pm | Gymnastics 6/ 7 | Gymnastics (4 to 5 years) | | Gymnastics (4 to 5 years) | Gymnastics (4 to 5 years) | 1pm – 1.45pm | Gymnastics 6/ 7 | Development group A 2pm to 3.30pm by invitation |
| 4.45 - 5.30pm | Gymnastics 8/97 | Gymnastics (4 to 5 years) | | Gymnastics (4 to 5 years) | Gymnastics (4 to 5 years) | 1pm – 1.45pm | Gymnastics 8/9 | Development group B 3.30pm to 5 pm by invitation |
| 5.30 - 6.15pm | | Gymnastics (6 to 7 years) | | Gymnastics (6 to 7 years) | Gymnastics (6 to 7 years) | 1.45pm – 2.30pm | Gymnastics 4/5 | |
| 5.30 - 6.15pm | Development group A 6pm to 7.30pm by invitation | Trampoline gymnastics (4-6) | | Gymnastics (6 to 7 years) | Trampoline gymnastics (4-6) | 2.30pm – 3.15pm | Gymnastics 6/ 7 | |
| 6.15pm – 7pm | | Gymnastics (6 to 7 years) | | Gymnastics (6 to 7 years) | Gymnastics (6 to 7 years) | 2.30pm – 3.15pm | Gymnastics 8/9 | |
| 6.15pm – 7pm | | Gymnastics (8 to 9 years) | | Gymnastics (8 to 9 years) | Gymnastics (8 to 9 years) | 3.15pm – 4pm | Gymnastics 10+ | |
| 7pm - 7.45pm | | Trampoline (7 to 9 years) | | Trampoline (7 to 9 years) | Trampoline (7 to 9 years) | 4pm to 6pm | Birthday Parties | |
| 7.30 pm – 9 pm | Adult (8) Gymnastics 18+ | | | | | | | |

The club is a member of British Gymnastics and all gymnasts are required to join the governing body which ranges from £11 a years for toddlers to £22 for school age children and adults.

We would be grateful if you could complete the attached membership form and ensure any codes of conduct given to you are read and, signed and returned to the club. This is part of the clubs commitment to provide a positive learning environment for your young people and coaches/volunteers representing the club have agreed to similar codes committing them to the values of the club. For the safety of you and/or your child it is important that the club is informed of any medical condition or allergies that may be relevant, should your child fall ill or be involved in an accident while at the club.

If you would like to talk to someone at the club about this information or your child's involvement with the club, please contact us on **0121 455 0239** or **07736 731 474** or if you prefer you can pop into Birmingham Gymnastics Academy Reception at [Metchley Park Road, Harborne, B15 2PQ](#).

We thank you for your interest in Birmingham Gymnastics Academy and look forward to meeting you.

Yours sincerely,

Jessica, Natasha, Lesley and Michael Browne.

