

Enrolment 2017 -2018

RGA Programme

RGA is a registered charity providing gymnastics to children from 8- weeks old through to International performers. RGA is an inclusive club and follows the ethos “to every child the opportunity”.

RGA’s programme is developed to allow children of all ages and ability level to fulfil their full gymnastics potential and to be given a wide variety of participation and performance opportunities.

RGA coaches are fully- qualified British Gymnastics coaches and are all DBS checked and have safeguarding qualifications. We are proud of our coach-education programme within the club. Many of our junior coaches are current or ex-RGA gymnasts all eager to give back to the sport that they love.

The coaching programme is set by the Director of Coaching in conjunction with the Heads of Discipline to ensure a cohesive approach to all our classes. Gymnasts follow the British Gymnastics awards scheme and the Richmond Gymnastics award scheme.

Term Dates

Please note that the Richmond Gymnastics Association (RGA) do not run classes during holidays and half term breaks. The term dates for 2017/2018 are:

Autumn Term: Monday 11th September – Monday 11th December 2017

Half Term: Sunday 22nd – Saturday 28th October 2017

Spring Term: Friday 5th January – Thursday 29th March 2018

Half Term: Sunday 11th – Saturday 17th February 2018

Summer Term: Sunday 15th April –Friday 20th July 2018

Half Term: Sunday 27th May – Saturday 2nd June 2018

Classes do not run on Bank Holidays. Should your child's class fall on a Bank Holiday we will add an extra class on at the end of term.

Watching week

This is held on the penultimate class of each term. Watching weeks are an opportunity for parents, friends and family to watch their child’s class. Taking videos and photographs at watching week is permitted.

Please note that photos and videos should not be put on social media if other children are in the video, unless you have permission from the child’s parent.

Teddy bear week

This is held on the last class of each term.

Teddy bear weeks are fundraising fun day. Children can bring in a cuddly toy of their choice to the class along with a £1 donation. The money raised is used to purchase new gym equipment for the preschool/general programme.

Fees

Fees are payable in advance and are non-refundable. In addition to class fees, there will be an annual membership fee each year for Richmond Gymnastics Association and London Gymnastics. This is payable when you join and renew every September after that. This fee remains the same regardless of what point in the year you join.

NOTE: We do not accept payment via American Express. Anybody that pays via American Express will have their fees refunded

Insurance

Any child attending a RGA gymnastics class must be insured under British Gymnastics guidelines. Due to new data protection regulations, from 1st October 2017, this insurance must be arranged directly between British Gymnastics and the parent/s. RGA will send further information & an online link through your online account to help with this process.

Without British Gymnastics insurance, your child will not be allowed to participate in an RGA class.

RGA Uniform

All children participating in gymnastics at RGA main centre or at a satellite centre **must** be dressed in RGA kit, which can be purchased from our website shop.

Pre-School: Richmond Rompers T-shirt and Shorts or RGA Leotard

General: Richmond T-shirt and Shorts/Hipsters (optional) or RGA Leotard and Hipsters (optional)

Invitational: Richmond T-shirt and Shorts/Hipsters (optional) or RGA Leotard and Hipsters (optional)

Children are not to wear any kind of jewellery including earrings due to health and safety regulations and all hair must be securely tied back.

Class Protocol

All children should aim to arrive 5 minutes before the start of their class and wait in the foyer of the RGA centre or outside the gym at satellite centres until the coach comes out to call them in to the gym for the start of their class. Parents and children are not allowed to enter the gym at either the RGA centre or at a satellite centre unless they have been asked to do so by a coach. Doing so would contravene insurance regulations and health & safety policies, therefore, this rule must be followed at all times.

Please ensure that you take your child to the toilet before the class to minimise disruption during lessons. In the case that your child is unable to go to the toilet alone, the parent / guardian must remain in the building for the duration of the child's class in case they need to use the toilet.

All children should be collected at the end of their class. Coaches will not allow children to leave the building unless under the supervision of their parent / guardian. If you wish for someone other than you to collect your child you need to provide written authorisation, to the office in advance.

Anyone participating in a class in the gymnasium is required to leave all their shoes and belongings in the changing rooms. Shoes, bags or personal belongings are not allowed to be taken into the gym or left in the foyer area due to fire regulations. Please can we ask that parents do not discuss this with coaches or argue with coaches about this instruction as they have been informed that they must enforce this regulation for the health and well-being of everyone present on the premises.

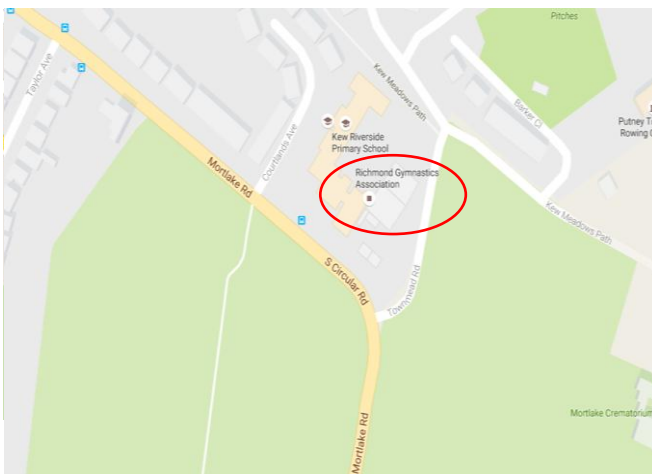
For Insurance purposes only siblings under the age of 1 year's old will be permitted to attend parent/toddler classes from Sept 2017.

RGACentre

RGA is a purpose built gymnastics facility open 7 days per week, offering an extensive gymnastics programme from Preschool through to Competitive Gymnastics.

There are two gymnasiums (Gym 1 and Gym 2) both are fitted with an extensive range of gymnastics equipment and coaching aids.

All gymnasiums are out of bounds to children and adults unless they are participating in a class with a coach present.



**1 Townmead Road,
Kew,
TW9 4EL.**

Telephone: 020 8878 8682

Email: rga@richmondgymnastics.co.uk

Website: www.richmondgymnastics.co.uk

Parking

There is limited car parking at the RGA premises, but additional parking is provided 2 minutes' walk away at Putney Town Rowing Club, which is free to our members.

Ensure that you park only in a designated and marked parking bays in the gym car-park.

Ensure that you do not park, wait, or stop in the cross-hatch areas which are marked "KEEP CLEAR"

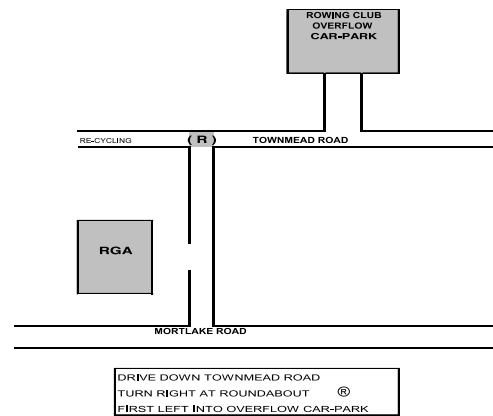
Ensure that you do not park, wait or stop in front of the fire exits, or in front of the gym door.

Also, please do not park on the double yellow lines outside the gym on Townmead Road as this could cause a danger for other road users.

The children's safety is of utmost importance so please help us to continue to provide a safe environment for them.

Parking is only allowed at RGA premises when a child is attending a gymnastics class.

Parents/Guardians who do not heed to the above requests will have their car registration number noted and your child's membership at RGA may be cancelled without refund.



Pram Shelter/ Bicycle rack

A pram shelter and bicycle rack is provided outside the front entrance as prams, pushchairs, bicycles and scooters are **not permitted** anywhere in the building. This is due to our Fire regulations and part of our Fire Risk Assessment.

RGA Toilets and Changing Rooms

There is a visitor toilet located between the foyer area and the main gymnasium. (Gym 1), which offers baby changing facilities and has disabled access.

The girls and boys changing rooms are situated on either side of the main gymnasium (Gym 1 - Boys) or (Gym2 - Girls).

Younger gymnasts who need to be accompanied by an adult must go to the changing room appropriate to the accompanying adult.

RGA Satellite Centres

Additionally, we run afterschool classes at a number of locations around the Richmond borough. Gymnasts are not required to attend these schools to enrol in RGA classes.

- **Collis School, TW11 9BS** - There is ample parking on the road outside the school. The toilets are situated in the entrance foyer. The gym is located directly opposite the front entrance. Parents are not allowed to sit in the gym while classes are in progress but can wait in the foyer for the duration of the classes.
- **Vineyard School, TW10 6NE** - There is no onsite parking. Please ensure you know the local parking restrictions and where parking bays are as all the local roads are resident permit only. Toilets are situated through the gym. Please note that for child protection purposes the front gates close at 3:10pm and re-open at 3:40pm. If required, you can gain access via the side entrance to the gym situated before you reach the main entrance. The school has strict rules about entering the building and the coaches are required to collect the gymnasts from the gym entrance and to return them to their parents after the class. Parents are not allowed to remain in the building to wait for their child. If your child attends this school, please ensure that you arrange with the school to drop the child off at the gymnastics classes as it is not the coaches responsibility to collect them from their class.
- **Nelson School, TW2 7BU** - There is onsite parking at the front of the school. Please walk directly across the playground to the gym which is situated to the rear of the playground. The toilets are next to the gym. Parents are not allowed to wait in the building for their child while the classes are in progress.
- **Orleans School, TW1 3EN** - There is no onsite parking. Please ensure you know the local parking restrictions and where parking bays are as all the local roads are resident permit only. The gym is situated in the middle of the playground. The toilets are located next to the gym. Parents are not allowed to remain in the building or sit in the gym while classes are in progress.
- **St James's Church, TW12 1DQ** - There is a waiting area onsite and a male and female toilet directly next to the gym. There is very limited onsite parking but there is ample parking on the street outside the building free of charge.
- **Grena Road Centre (Richmond indoor bowls Club), TW9 1XS** - Toilets are situated down the entrance corridor on the left and the changing rooms are on the right. This site only has one changing room but there are male and female toilets available to get changed in. Parents are not permitted to sit downstairs but there is a waiting area upstairs that can be used. The building is in a resident only parking area, but there are also single yellow lines. You can park on single yellow lines on Saturdays and Sundays.

RGA Leisure Centres

Classes taught by RGA coaches are held at the following leisure centres:

- Whitton Sports & Fitness Centre
- Teddington Sports Centre
- Hampton Sports & Fitness Centre
- Shene Sports & Fitness Centre

Gymnasts that attend leisure centre classes are not RGA members and do not pay an RGA membership fee. RGA runs a purely recreational programme at leisure centres on behalf of the London Borough of Richmond Upon Thames. To book classes at the leisure centres please contact the centres directly <https://www.richmondgymnastics.co.uk/sport-fitness-centres> for more information.

Holiday Camps / Courses & Sessions

Holiday Camps

Holiday camps are run during Easter and summer holiday periods. They are available for all children aged from 4 years old (already in reception at school) and over. Please see our website: www.richmondgymnastics.co.uk/camps for information on dates and prices.

Half Term Crash Courses

Crash courses are run during each school half term. They are available for all children aged from 4 years old (already in reception at school) and over. Please see our website: www.richmondgymnastics.co.uk/half-term-crash-courses for information on dates and prices.

Preschool drop-in Sessions

Preschool drop-in sessions are run during each school half term and school holidays for children from 1 – 4-year olds (not for children already in reception at school). These sessions give your children a chance to explore in a safe environment and try out the soft-play equipment. The session is FREE-PLAY so there will not be coaching staff available. Please see our website: www.richmondgymnastics.co.uk/free-play-drop-in-sessions for information on dates and prices.