

RGA Satellite Centre Membership pack 2023-24

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1. Welcome to Richmond Gymnastics

Our club was founded on the motto we still continue to live by today, “**to every child the opportunity**”. We offer every child that joins RGA the opportunity to be the best of their ability whatever level that may be.

Our aim is to ensure every member of RGA fulfills their own gymnastic potential in an energetic, creative, and supportive environment. A gymnast’s potential is individual, and our highly qualified staff ensure the gymnasts development and progress is individual too.

As a charity we ensure all funds go directly back into supporting the club’s ongoing development for the benefit of all members.

By becoming a member of Richmond Gymnastics Association (RGA) and by sending your child to classes, you agree to RGA’s terms and conditions (they can be found in full on the [RGA website](#)).

RGA prides itself on providing high quality gymnastics education for its members in a safe, happy and nurturing environment. We support our coaching staff to upskill by subsidising their coaching qualifications and mentoring them. We also run regular inset days which include first aid, fire safety, safeguarding and coaching workshops. We can only continue to develop in a positive way with parent / guardian support, and we thank you in advance for your support of the club and for following RGA guidance and regulations.

Please remember to [visit your online account](#) regularly to see what your child has been achieving on their personal badge level.

Please also remember RGA has nearly 2,000 members so we will always correspond via email. Please save these email addresses to your Safe Senders list:

rga@richmondgymnastics.co.uk
no-repy@richmondgymnastics.co.uk

Please also check your junk mail regularly to ensure you do not miss anything important from us.

Please find some important information below, but if you have any further queries, please visit our [website](#) or [email our Office team](#). You can also keep up to date with all our current news on [Facebook](#), [Instagram](#), and [LinkedIn](#), as well as watch some great videos on our [YouTube channel](#).

2. RGA Member Uniform

All members participating in gymnastics at RGA must be dressed in RGA kit, which can be purchased from our website kit shop. All coaches are also required to wear RGA uniform at all times.

General Gymnastics	Richmond T-shirt & Shorts/Hipster (optional) or RGA Leotard & Shorts/ Hipsters (optional)
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It is important that everyone has suitable gymnastics attire for safety and secondly to help create a family-oriented team unit which is why RGA kit is compulsory.

Please note, gymnasts are not to wear any kind of jewellery including earrings due to British Gymnastics health and safety regulations.

3. Term Dates 2023-24

Term dates are different for each Satellite Centre. Please see our Term Dates webpage for more information: <https://richmondgymnastics.co.uk/term-dates/>

Autumn term: Monday 4th September – Sunday 10th December 2023

Half term: Sunday 22nd October – Saturday 28th October 2023

Spring term: Friday 5th January – Thursday 28th March 2024

Half term: Sunday 11th February – Saturday 17th February 2024

Summer term: Monday 15th April – Monday 15th July 2024

Half term: Sunday 26th May – Saturday 1st June 2024

Please note that RGA does not run normal classes during holidays and half term breaks, but we do offer [holiday camps](#) and [drop-in sessions](#) at the RGA Centre. Classes also 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 if timings allow. If not, we will pro-rata the classes.

3.1. Watching week

Each term, we welcome parents into the gym to watch their child's gymnastics. These are usually "Watching Weeks" but may also be a Display or similar. Dates and details will be emailed to you nearer the time. Watching weeks are usually held on the penultimate class of each term.

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 other child's parent.

3.2. Teddy bear / Fancy dress week

This is held on the last class of each term. Teddy bear / Fancy dress weeks are fundraising fun days. Children can attend their gymnastics class with their favourite cuddly toy and/or in appropriate fancy dress along with an optional £1 donation. The money raised is used to purchase new gym equipment for the Rompers Pre-school and General Gymnastics programmes.

4. Fees

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

Membership fees help to pay for events at the gym accessible to all members (not all of whom attend classes), as well as offering discounts on extra RGA activities such as camps and parties.

Please note: Sorry, we do not accept payment via American Express. Anybody that pays via American Express will have their fees refunded.

4.1. Insurance

Any child attending an RGA gymnastics class must be insured under British Gymnastics guidelines. Due to new data protection regulations this insurance must be arranged directly between British Gymnastics and the parents. Without British Gymnastics insurance your child will not be allowed to participate in an RGA class. Click on the links below to be re-directed to the British Gymnastics website:

New members: <https://register.british-gymnastics.org/gymnet/register/registerstart>

Existing members: <https://renewals.british-gymnastics.org/login>

5. RGA Satellite centres

RGA has several satellite centres distributed throughout the Borough of Richmond. This is to ensure as much availability for gymnasts as possible and provide locations close to people's homes. RGA upgrades equipment and regularly checks all centres throughout the year to ensure the gymnasts have everything they need to follow our General Gymnastics programme.

Gymnasts at RGA satellite centres wear the same uniform and complete the same technical structure within the gym, working on badges and entering competitions in the same way a gymnast at the RGA Centre would do.

We run at several schools around the Richmond borough. Gymnasts are not required to attend these schools to enrol in RGA classes.

For all Satellite Centres, children should aim to arrive 5 minutes before the start of their class and wait outside the building on the designated markers until the Coach comes out to call them in to the gym for the start of their class.

5.1. Grena Road Centre (Richmond Indoor Bowls Club, TW9 1XS)

The Grena Centre is our second biggest centre with all new equipment and an extensive amount of space.

There is no onsite parking, and Grena Road is residential parking only but there is parking on the very close Sheen Road. Please ensure parking is considerate of neighbouring properties, we want to continue a good relationship with the residents.

All children should aim to arrive a few minutes before the start of their class and wait outside the building on the designated markers until the Coach comes out to call them in to the gym for the start of their class. Gymnasts will enter through the door to the left of the building and exit through the door to the right of the building. If gymnasts are late, they will have to knock on the front door and wait for a coach to collect them.

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. Anyone participating in a class in the gymnasium is required to leave all their shoes and belongings in their designated area. Please arrive dressed for your class with as few additional possessions as possible.

Parents are allowed to wait inside, upstairs only. This is due to requirements of the Centre owners. Parents are also unable to bring buggies, prams, bicycles or scooters into the building due to fire regulations.

5.2 St. James's Church, TW12 1DQ

There is limited onsite parking, but there is non-residential parking along the road. The toilets are situated through the gym area. 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 and can look through the windows. (There is no space within the class itself- we apologise for any inconvenience.)

5.3 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 (These are school regulations- we apologise for any inconvenience.)

5.4 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 with toilets located next to it. Parents are not allowed to stay on site, the coach will collect gymnasts from the gate and take them back at the end of the session (These are school regulations- we apologise for any inconvenience.)

5.5 King's School (previously Queen's, TW9 3HJ)

There is no onsite parking. Please walk directly across the playground to the gym which is situated to the rear of the playground and enter the gym from the left-hand door. 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 (These are school regulations- we apologise for any inconvenience).

6. Booking RGA gymnastics classes at Leisure Centres

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

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

Please contact leisure@richmond.gov.uk or 020 3772 2999 for all of the Leisure Centres above. Bookings are made directly with the centres, not via RGA.

Please note, some classes may not be running so please check directly with the centre.

7. Other Activities at the RGA Centre

7.1 Holiday Camps

Holiday camps are run during Easter and summer holiday periods as well as during half terms. They are available for primary school age children (Reception – Year 6).

Please see our website: www.richmondgymnastics.co.uk/holiday-camps for current information on dates and prices.

7.2 Pre-School Holiday session

RGA runs various “Stay & Play” pre-school sessions during half term and school holidays for children (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 and is not a structured class, but there will be coaching staff available. Please [see our website](#) for more information on dates and prices.

7.3 Birthday Parties

We also run fun and active gymnastics birthday parties during term time - [more details on our website](#).

We hope your child enjoys their gymnastics classes at the RGA and fulfils their full potential, whatever that might be.

Thank you for becoming an RGA member and allowing us to help your child on their gymnastics journey.

RGA Management Team
2023-2024 Gymnastics Year