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**PRE SCHOOL OPEN AND TAUGHT SESSIONS**
*Walking - School age*

* We recommend one child per parent/guardian with a maximum of oner parent to two children ratio
* Only one supervising parent in the gym at all times
* For safety, children not yet walking must be in sling and can not be put down whilst in the gym
* Parent/guardian must go around and supervise their child(ren) at all times for the duration of the session
* No adults to use the trampolines or high equipment (bars, vault table & beam) at any time
* Only one child at a time one the trampolines
* Walk between apparatus at all time - no running
* No shoes or jewellery to be word during the session
* We recommend sportswear to be worn in the centre
* Coaches should be informed of any injuries/illnesses prior to the session start time
* Listen and follow instruction from qualified coaches
* No small hand equipment in the foam pit
* Do not enter the gym or use any of the apparatus without a qualified coach present
* Please use the toilet and baby changing facilities available upstairs in the gymnastics centre prior to or afterwards the session
* The toilet and baby changing facilities in the gym is only to be used during the session
* Authorised photography whilst in the gym only (please sign in the black folder upon entering the gym). No photography from the viewing areas in the gymnastics centre
* Be kind and courteous towards staff and other participants at all times

**MINI SPRINGER SESSIONS**
*Walking - 8 years*

AS ABOVE

**INCLUSIVE SPRING SESSIONS**
*Walking - 9 years*

AS ABOVE AND INCLUDING

* A quiet environment with no music

**SEND SESSIONS**
*Walking - 9 years & 8 - 15 years*

AS ABOVE AND INCLUDING

* A maximum of two parents/guardians/carers can supervise one child
* A quiet environment with no music

**PRE SCHOOL INDIPEDNEDNT COURSE**
*3 years - School age*

AS ABOVE AND INCLUDING

* All clothing worn must be sports wear; No socks, loose clothing, hoods, zips, buttons, buckles, belts or loose cords
* Long hair must be tied back

**SPRINGER SESSIONS**
*9 - 15 years*

* All clothing worn must be sportswear; No socks, loose clothing, hoods, zips, buttons, buckles, belts or loose cords
* Long hair must be tied back

**DAY TIME IN SPRING**