



Welcome to Flics Gymnastics

With this pack, you'll find everything you need to know about our services, including what to expect and do before your session, prices, and more. If you have any questions please don't hesitate to contact us.

You can also find more information by viewing our website by [clicking here](#).

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About us

Welcome to Flics Gymnastics Club! We have been providing a range of gymnastics classes for all ages since 2005 when we launched at Worcester University. We now operate out of a purpose built facility on Shrub Hill Industrial Estate in Worcester, and run a sister club in Droitwich Leisure Centre. Our goal is to deliver gymnastics in a safe and fun environment for all, and to allow everyone to reach their full potential. We have a team of experienced coaches, and offer a variety of classes including recreational, pre school, and adult gymnastics.

CONTACT DETAILS

Email: office@flics.co.uk

Office number: 01905 26688

Website: www.flicsgymnastics.com

THINGS TO NOTE

Safety is our utmost concern, so please be aware that there is a certain amount of hands-on coaching when supporting moves to keep the children safe.

Our children are visually handed over at the end of each session, so rest assured if you are running late, your child will remain with us in the gym. As long as we have your up to date details, please feel free to drop off and collect, it is not required for you to stay for the full session.

For older gymnasts who are leaving without an adult, we must have email confirmation of this before their session.

Our Worcester Facility

Our purpose built facility is the perfect place to learn and practice gymnastics. We have 7 different apparatus, including a full size floor, two sets of competition beams and bars, and a fast track. Our facility also has a viewing balcony and cafe, so parents can relax while their children practice. For added convenience, we also have a waiting room for children, and a car park for easy access.

Where to find us

We are located at Unit 10b Shrub Hill Industrial Estate, Worcester, WR4 9EL.

We have free parking onsite. All spaces which currently state 'NHS' belong to the club.

Please do not drive past the open steel gates towards the front door of the club, it is dangerous due to the amount of children entering and exiting the building.

Should you require disabled access, please contact us prior to the session to make suitable arrangements.

Our Droitwich facility

Our facility at Droitwich Leisure Centre runs on Saturday mornings for recreational gymnasts and is the perfect place to learn and practice gymnastics. The sports hall has 6 different apparatus including a vault, bars, beam, floor, trampette and air track. We have experienced coaches on-site to help beginners and advanced gymnasts develop their skills and reach their potential.

Where to find us

We are located at Droitwich Leisure Centre. Briar Mill, Droitwich Spa, Droitwich, WR9 0RZ.

Our Classes - Gym Tots

Gym Tots at our Gymnastics Club is an exciting program designed to introduce children from walking age to preschool to the world of gymnastics. Children and parents can experience the fun and excitement of learning gymnastics in a safe and secure environment. We offer an award scheme to track your child's progress, and our highly experienced coaches are always on hand to provide guidance and support. We offer two types of classes for preschool children; our parent and toddler class for walking age upwards, where parents come into the gym with their child, and the independent class for age 3+, where children come into a more structured class with just the coaches. We offer two payment options for gym tots which are detailed in the 'prices' section below.

To see our full timetable on the website, [please click here](#)

Please note that our weekday gym tot classes don't run during any school holidays, however we do offer stay and play classes as an alternative.

GYMNASSTICS

Our Classes - Recreational

Our Recreational gymnastics classes offer school age children a fun and engaging way to learn gymnastics. We have 7 different apparatus so that children can work towards an awards scheme with the help of our trained coaches in a safe environment. Best of all, we offer a free trial so you can try out our classes before making a commitment.

These classes are perfect for any level of ability, from complete beginners to more experienced gymnasts.

We offer 7 different levels, ranging from complete beginner to advanced. Our classes are based on a combination of age and experience. For reference our Level 1 classes are designed for children aged 4-5 in reception year. Our Level 7 classes are suited to more advanced gymnasts, typically aged 10+.

Upon joining all children will receive a book at a cost of £6 which will be used to track their progress through our awards scheme. It includes a list of skills for all levels along with some fun conditioning and other useful information.

To see our full timetable on the website, [please click here](#)

Please note, We only charge for 48 weeks of the year, running from the month of September, in line with the school year. This gives the club the right to cancel two sessions within the Christmas period as well as a further two cancellations for unforeseen circumstances

Our Classes - Squads

Our Gymnastics squads provide an opportunity for your gymnast to reach their full potential. We have three levels of squads; novice, development and performance, allowing them to progress through the levels as they improve. Every squad is coached by experienced and qualified coaches who will help your child reach their goals. Our squads compete in both internal and external competitions, giving everyone the chance to showcase their skills. Our squad groups are invite only, however if this is something your child is interested in, please come and speak with one of our coaches and we would be happy to give you feedback on how they can prepare themselves to be ready for one of our squad groups.

If your child joins a squad, you will receive an extra £5 charge on your next invoice for a squad training book which will be used to set targets, keep track of competition dates and routines as well as set at home conditioning.

GYMNASSTICS

Our Classes - Adults

Our Adult Gymnastics class is the perfect opportunity for those aged 16+ to stay active and have fun. Our classes are suitable for all abilities and include a coach-led warm up and fundamental skills, followed by an open gym where you can work on any apparatus. Classes run Monday 8:30-9:30.

****Please note, a waiver must be completed and handed in to the coach before taking part in our adult sessions****

Our Classes - SEN

This is a class for children with special educational needs, and gives them a chance to explore the gym and have fun with gymnastics.

This is a coach led class but parents are asked to stay with their child throughout the session for support.

We only currently offer this session for school age children and cannot offer sibling participation as we need to keep numbers to a minimum to keep the class calm and low ratios for coach gymnast interaction.

If you would like to book on please email office@flics.co.uk

What to wear

Boys and girls are invited to wear leotards and shorts to their sessions, however, loose comfortable 'work out' clothing is perfectly fine. In the winter months, the gym can be a little colder, so make sure your child has warm enough clothes to participate in.

Clothing such as dresses, tights and skirts are not practical, alongside clothing with zips, buckles and buttons.

Jewelry is not permitted in the sessions, with the exceptions of medical or religious jewelry (that should be covered to avoid it catching on equipment) and newly pierced ears can be covered with tape for the first 6 weeks until they can be taken out.

If you would like to purchase our Flics uniform [please click here](#), where you will find leotards, shorts and our clothing with our Flics logo.

Flics
GYMNASTICS

When you arrive

If your child has long hair, make sure it is tied back so it doesn't interfere with their gymnastics. Please also make sure your child has been to the toilet prior to the session so they do not miss time in the gym!

Make sure your child has a clearly marked water bottle with them (we have a lot of children through our doors so we don't want it to get lost!)

You will need to visit the club reception prior to the class to meet the lead coach. They will ask you to fill out a registration form when you arrive, this will need to be handed in at the end of the session. Please ensure you have informed us of any allergies or additional needs so we can make any necessary adaptations before the class.

FLIPS
GYMNASTICS

Payment process

The first session is completely free for our recreational gymnasts!

Upon your child's first session you will be given a form at reception, please fill out the form and return it to your lead coach at the end of the session. To secure your child's place in the class you will be required to pay a membership fee, this covers the remaining insurance fee for the year along with a £6 charge for a medals book.

Your monthly recurring payment is then set up through purchasing a subscription with us through joinin and the payment provider London & Zurich.

Providing you have handed in the registration form you will be emailed instructions on how to set up your monthly payment before your child's next session.

Please note, your first payment will be calculated based on how many sessions are left in the month that you join. Your insurance fee will be paid at reception at the end of your child's first session, ready for them to start the following week.

This will be sent via an invoice to your email.

Once your payment is set up, all payments following this will be taken at the start of every month going forward.

We accept payments from all major card providers.

Prices

If your child would like to train in more than one class per week, or if they have any siblings participating in the club we do apply a discount to recreational classes only. Please see the session prices listed below.

Recreational 1hr classes -

- 1 session per week: £36 per month
- 2 sessions per week: £64 per month
- 3 sessions per week: £96 per month

1.5hr classes are priced at £51 per month

Gym tot classes

- Parent and toddler classes: £26 per month
- Weekday independent classes: £28 per month
- Weekend independent classes: £30 per month

We also offer a Pay as you go option for Gym tots Parent and Toddler classes. These sessions cost £8 which can be paid on the door as and when you attend. There is no need to book and you can come any day of the week, please note that gym tots sessions do not run during school holidays.

Membership

There is an additional membership fee of £18.00 through Insure4Sport, this covers your child for participation within the class. Insurance needs to be paid for any gymnast in our recreational, squad, independent gym tots or SEN sessions.

Our insurance year runs from October 1st, this is then renewed annually.

If you join us once the insurance year has already started this will be worked out pro rata and paid at reception after your child's free trial.

What else we offer

Private Sessions

Our Gymnastics Club offers private gymnastics classes for individuals looking for an opportunity to develop and refine their skills. Our experienced coaches provide an individualized approach, allowing each student to focus on the skills of their choice. [Click here](#) to look on our website to book in any slots available!

Parties- Sunday's 4.15pm-6.15pm

Our high energy parties are coach led and inclusive for children of all ages and ability. Throughout the session the coaches will lead children through various activities including a warm up and cool down, skills on six different apparatus in the gym, and some exciting games. [Click here](#) for more information about what we offer for parties.

Holiday Camps

Our gymnastics holiday camps provide an exciting and fun opportunity for school age children to work on all of our equipment and focus on the skills of their choice. During the camps, which run from 9:00-3:00 during school holidays, children will have lots of gymnastics based activities and games to enjoy.

[Click here](#) to see what dates are available and to book your child in!

Flics 1-10 medals

The Flics medals programme has been designed to provide a structured and progressive learning system for all gymnasts at our club, from recreational classes all the way through to our squads.

Each level has 4 sections, Floor, Vault, Beam and Bars. In each section there are 5 skills to complete, meaning 20 skills per level.

Medal skills will be consistently worked on in sessions throughout the year, there will be a medals testing weeks periodically where the aim is for your child to pass one of the four apparatus sections. To pass a section all 5 skills must be completed to a suitable standard.

Medals testing weeks 2024;

Monday 18th - Sunday 24th March 2024

Monday 24th - Sunday 30th June 2024

Monday 23rd - Sunday 29th September 2024

Monday 25th November - Sunday 1st December 2024

If your child passes on medal week an extra £5 will be added to your next month's invoice to cover the cost of their medal.

Once all sections in a level have been completed you can collect a trophy from reception free of charge to recognise your child's achievement. There will also be an invitation to move up to the next class level.

Your child is responsible for their own medal book and bringing it to sessions on medal testing weeks, if a book gets lost you will have to pay the £6 fee again to replace it.

Dates for medals testing weeks are listed on the website and reminder emails will be sent out the week before they are due to happen.

In order to participate in our medals programme every child must have their own medals book which will be given out after their first session once the membership fee has been paid.

Events

We also offer annual events such as Easter, Summer and Christmas parties as well as family fun events. These events are open to members and non members and are announced on email and social media. Once bookings are open, tickets can be purchased on our website.

Competitions

Throughout the year we offer competitions for our recreational gymnasts to enter, these are also announced on email and social media and can be booked on our website. These competitions are a great opportunity for your gymnasts to show what they have been working on in their training and for you to come and watch them perform in the gym. Gymnasts will practice these routines in the weeks leading up to a competition, all our routines are also published on our website so that you can practice at home.

The logo for FLICS GYMNASTICS features the word "FLICS" in a large, light blue, sans-serif font with a white outline. Below it, the word "GYMNASTICS" is written in a smaller, white, sans-serif font inside a white rectangular box with a thin black border. The background of the logo is a light blue and white pattern of small dots, resembling a starry sky or a decorative texture. The entire logo is centered on the page.

Cancellations

Refunds are only given if a gymnast is unable to attend classes for a period of up to 6 weeks due to injury.

One month's notice is required to cancel your gymnast's place with us. However if you request for a cancellation of membership, if received via email before the 15th of the month, we will cancel any further payments as a gesture of good will.

To cancel your subscription you must do so by written confirmation from yourself via email to –
office@flics.co.uk

If you have any disputes about overpayment of fees we will always ask for proof of cancellation via email.

If payments continue this is not Flics responsibility and we do not offer refunds for overpayment of fees.

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