GOOD LIFE GYMNASTICS

GOOD LIFE
Worcester Park

Hello and Welcome!

I'm Geoff, the owner of Good Life Gymnastics, and I'm delighted to have you and your child join our club.

I hope your child enjoys their very first class and that this is just the beginning of an exciting gymnastics journey with us for many years to come.

Since starting Good Life Gymnastics in 2015, we've grown into a thriving community with 8 venues across Surrey, running classes 6 days a week, for children ages 3 to 16 years.

Below, you'll find all the key information about how we run and the many benefits of being part of our club.

Thank you for choosing Good Life Gymnastics – we're thrilled to have you with us!

Best wishes,
Geoff
Owner – Good Life Gymnastics

info@goodlifegymnastics.com
+44 7852 933174
020 3885 1303
facebook.com/goodlifegymnastics
www.goodlifegymnastics.com
@goodlife.gymnastics

BOOKING PROCESS

TRIAL BOOKED

Welcome Pack received via email.

£20.00 non-refundable

Bring a **LARGE bottle of WATER!**

ATTIRE

- T-Shirt/Leotards
- Shorts/Leggings
- Easy-to-remove Shoes
- NO Jewellery
- NO Socks
- Tie up LONG hair

There is **no waiting area** for parents so please arrive promptly.

DAY OF THE TRIAL

IMPORTANT: Doors **OPEN AT THE START OF THE SESSION** and are **LOCKED AFTER 10 MINUTES** for safeguarding purposes. If you arrive after this time, message us on **WhatsApp +44 7852 933174**

We are a **DROP-OFF** Gym, but you're welcome to come back and watch the **last 15 minutes**!

If your child does have issues initially joining in, we will work with you to help integrate them into the session on the day, so please do not worry!

BOOK NOW!

START SUBSCRIPTION

Follow the '**Book**' button in the **Post Trial Invitation Email** you received—your spot is only guaranteed for **24 hours after your trial!**

WELCOME TO THE CLUB!

YOU ARE NOW A MEMBER!

All **Key Information** are in the following pages!

GOOD LIFE GYMNASTICS

CLUB DETAILS

CLASS SCHEDULE

Monday, 5:00pm-8:00pm
Term Time - 38 weeks per year
1 hour per week

AGE GROUPS

- 3-6 years
- 6-8 years
- 8-10 years
- Tween & Teen (11-16 years)

£ FEES (more details on page 6)

Subscription Fee: £57.00
Joining Fee: £35.00 (one-off)
Annual Membership Fee: £30.00

GYM ADDRESS

Malden Manor Primary and Nursery School, Gainsborough Road, KT3 5NX

VENUE INFORMATION

Our gym is in the **Main Hall** accessed via the BACK ENTRANCE to the school, off Gainsborough Road, KT3 5NX. Good Life Gymnastics flags will be positioned at the gates and the hall.

Parking is available for parents in the small car park however there are very limited spaces. Parking is also available off site on side streets.

click here for directions: /// https://w3w.co/rival.mutual.bleat

KEY INFORMATION

MEMBER BENEFITS

- **Guaranteed Ongoing Space** – No need to re-enroll each term! Your child's spot is secured.
- **Exclusive Discounts** – Get 10% off for siblings, multiple classes, and Holiday Camps with a special discount code.
- **Budget-Friendly Payments** – Spread the cost evenly over 12 months, covering 38 weeks of classes. All classes are paid in advance.
- **Partner Perks** – Enjoy 10% off at Avocadium when you quote GOODLIFE. To visit Avocadium, find them at 77 Surbiton Rd, Surbiton KT1 2HW.

WEEKLY CLASSES

- **Drop-Off Policy** – We are a drop-off gym so parents are not allowed to watch the sessions, but during the **trial**, you are invited in the **last 15 minutes of the class** to observe and ask the manager for questions.
- **Special Themed Weeks** – Every week we have a new theme to help captivate and engage the children.
- **Term-Time Classes** – We run term-time only, so no sessions during half-term and holidays.

CLICK ME!

For Weekly Themes
and Club Info Docs

For Updated Term Dates
Your Account **Booking Page**

HOLIDAY CAMPS

- **Year-round Camps** – Our camps run throughout the year – during half terms and holidays (excluding Christmas) – and can be booked through our website.
- **Schedule**: Monday to Friday, 9:30am-2:30pm
- **Camp Venue** – Hinchley Wood Secondary School, Claygate Lane KT10 0AQ
- **What to Bring** - packed lunch and water. **STRICT NO NUT POLICY**.

KEY INFORMATION

MONTHLY SUBSCRIPTIONS

- Recurring payment taken every **1st of the month**.
- Although classes run term time only, 38 weeks per year, subscription will be taken every month, including during all holiday periods, as the cost per month is based on a 12-month average monthly cost.
- The subscription is **ROLLING** - this means your place in class is always guaranteed and no re-enrolling is necessary. The subscription will continue until you decide you no longer want to continue. In this case, please follow the one month cancellation process as highlighted below.

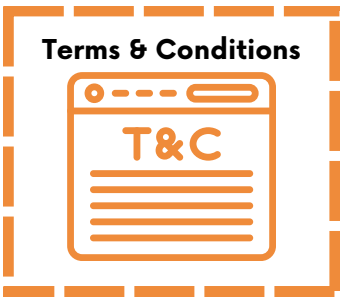
CANCELLATION

- Cancellations must be made through the **Contact Us** section on our website.
- **One month notice** is required (subject to terms and conditions). If you submitted your form by the end of the month, your last payment will be on the 1st of the following month, and your child is entitled to attend until the end of the following month.

TERMS AND CONDITIONS

You can read the full terms and conditions on our website.

CLICK ME!



QUESTIONS?

The quickest and most efficient way to receive a response is by emailing **info@goodlifegymnastics.com**.

You can also check the **FAQs** on page 9.

Email: info@goodlifegymnastics.com
Telephone number: 020 3885 1303
Website: www.goodlifegymnastics.com
WhatsApp Chat: +44 7852 933174

FEES

UPON SIGNING UP

Joining Fee	**£35.00**	One-off joining fee for new and rejoining members. If the first subscription payment is taken on September 1st, then no membership fee will be charged.

1ST OF THE FOLLOWING MONTH

Subscription Fee	**£57.00**	Our classes are paid for by a monthly subscription taken on the 1st of every month and this will cover the following month's classes.
Pro-Rata Adjustment	**£18.00 per class**	May be added to your first month's payment if you began with us after the 1st of the month and there are a number of weeks left in the joining month.

PRO-RATA ADJUSTMENT EXPLANATION

Example: If you had your trial on 7th September at **this gym**, a pro-rata adjustment will be added for classes taken on the 14th, 21st, and 28th September, totalling £54.00.

Your first payment on **1st October** will be **£54.00** (pro-rata adjustment) + **£57.00** (subscription fee for October classes) = **£111.00**.

From **1st November**, only **£57.00** will be taken every month.

EVERY SEPTEMBER 1ST

Membership Fee	**£30.00**	Yearly membership fee to cover insurance for each gymnast. This will be per child enrolled in the club.

CLASSES

WARM-UP AND SKILL PREP

Each class starts with a **10-minute warm-up and stretch**. This includes an exciting pulse raiser, which is usually a gymnastics based game or workout style activity ending in a full body stretch, which gets the children ready for safe exercise.

The gymnasts will then participate in '**Skill Prep**' which will prepare for the upcoming skill session. The children will focus on core skills that will help with the more challenging exercises to follow. These exercises build muscle memory and increase spatial awareness. **All children are split into groups according to age, ability, and ratio.**

3-6 years

The **3 yrs** group will have a circuit made out of colourful objects and hand apparatus that they can follow like bread crumbs, which we have engineered to include important skill development exercises.

The **4-6yrs** group will begin their gymnastics journey with beginner-level skills with the knowledge that once their strength is built they progress to harder skills as they get older and better.

6-8 years and 8-10 years

Our **6-8yrs** and **8-10yrs** classes follow the same equipment structure as the 4-6yrs age group, however, they have harder exercises to suit their age/ability and keep them engaged in their lessons.

Beginners will be kept at a level appropriate for them, however, those that show more capability will be taught progressions of basic skills and be pushed to their own capabilities.

Tween & Teen

The **Tween & Teen** class is a mixture of everything where we help them follow the steps of the class and maintain strength and fitness, however, we give them a little more flexibility, at the same time, to choose what they would like to learn and achieve.

They will also be pushed to their own capabilities and given the chance to join our **coaching team** for a potential coaching profession.

To become really good at gymnastics, **the key is repetition** - doing skills over and over again to eventually gain perfection. This can be quite boring for children, therefore, at **Good Life Gymnastics**, we have recognised this and feel it is more important for the child to love the sport of gymnastics rather than the punishing repetition.

We've put together a schedule of **exciting weekly themes** that complement the important repetition of skills to help keep children engaged and excited to learn. We've also introduced **special themed weeks** to encourage participation and fun.

At the end of every term, we always invite parents in for a **watching week** so you can see your child's progress. We don't do this on a weekly basis as it's quite distracting for the children and independent learning is a big focus for us.

At **Good Life Gymnastics**, we believe in building confidence! **Welcome to our club!**

GOOD LIFE GYMNASTICS

LOCATIONS

THAMES DITTON — MON

Thames Ditton Junior School, Mercer Close, **KT7 0BS**

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	6:00-7:00pm
Tween & Teen	6:00-7:00pm

CHESSINGTON — TUE

St. Mary's CofE (Aided) Primary School, Church Lane, **KT9 2DH**

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm

HINCHLEY WOOD — WED/FRI

Hinchley Wood Secondary School, Claygate Lane, **KT10 0AQ**

3-6 years	Wed: 5:00-6:00pm / Fri: 6:00-7:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm

KINGSTON — THU

Kingston Methodist Church Hall, Fairfield South, **KT1 2UJ**

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm

SURBITON — SAT

Surbiton High Sixth Form Centre, 13-15 Surbiton Crescent, **KT1 2JP**

Tween & Teen	9:00-10:00am
8-10 years	9:00-10:00am / 1:00-2:00pm
3-6 years	10:00-11:00am / 12:00-1:00pm
6-8 years	9:00-10:00am / 11:00-12:00pm 1:00-2:00pm

WORCESTER PARK — MON/THU

Malden Manor Primary and Nursery School, Gainsborough Road, **KT3 5NX**

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm

WORCESTER PARK — TUE/WED

6-8 years	5:00-6:00pm
8-10 years	5:00-6:00pm
Advanced Squad	6:00-8:00pm

WORCESTER PARK — FRI

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm
Advanced Squad	6:00-8:00pm

WORCESTER PARK — SAT

3-6 years	9:00-10:00am
4-6 years	10:00-11:00am
6-8 years	11:00-12:00pm
8-10 years	11:00-12:00pm
Tween & Teen	11:00-12:00pm

FELTHAM — SAT

Reach Academy, 53-55 High Street, **TW13 4AB**

3-6 years	9:00-10:00am / 12:00-1:00pm
6-8 years	10:00-11:00am / 1:00-2:00pm
8-10 years	11:00-12:00pm / 1:00-2:00pm
Tween & Teen	11:00-12:00pm

NEW MALDEN — SAT

Coombe Girls School, Clarence Avenue, **KT3 3TU**

3-6 years	9:00-10:00am
6-8 years	10:00-11:00am
8-10 years	11:00-12:00pm
Tween & Teen	11:00-12:00pm

Frequently Asked Questions

Why should I book a trial?

We encourage all children new to Good Life Gymnastics to book a trial in the class before subscribing to the membership to ensure that your child is happy in the class you have chosen and that it is right for you. We then ask for you to subscribe to our monthly membership following the trial class. A joining fee is applicable.

Does my child have a secured place following my trial?

Once you are accepted into a class for a trial, this secures your place within the class. This place is guaranteed for 24 hours following your trial, when we ask you to follow the link via the invitation sent to you after the trial class and join our subscription.

How do I subscribe after my trial?

An invitation to subscribe will be sent after your trial. Look out for an email/text sent by us (check junk mail also) and follow the link. Please note that we will only be able to hold your place for 24 hours following your trial, after which your place will be offered to the next person on the waiting list.

If I join in the middle of the month, how can I pay for the remaining sessions?

A pro-rata adjustment will be added to your first subscription fee payment, which will be taken on the 1st of the following month. The computation for this is the price per class x number of weeks left in the joining month.

Do I have to renew my subscription every term?

The subscription is rolling - this means your place in class is always guaranteed and no re-enrolling is necessary. The subscription will continue until you decide you no longer want to continue.

Can I watch my child's class every week?

We are a drop-off only gym and do not allow parents in the gym at any time. Parents are only allowed into the gym during Watching Weeks.

What happens if my child has a birthday and is supposed to go into the next class?

We will keep an eye on the registers and move your child up as soon as there is a place in the next class. If they have to stay in the younger class, we will ensure that they are kept with their age group and pushed to their ability whilst waiting for a place.

Can I switch between venues if I can't make a class?

When you sign up to a class within a venue, you are committed to that class going forward. If for any reason you are unable to attend that class, unfortunately, you cannot attend a class at a different time or venue. We do not offer refunds for missed classes. If you are no longer able to attend your class but would like to continue with us at a different venue or time, we can assist you in transferring if a place is available in the class that you wish to move to. Talk to the manager of your club or email info@goodlifegymnastics.com. All availability can be seen via the website.

What happens if my child leaves something behind?

There is a Lost and Found box in every gym. Please ask the gym manager if you have lost anything.

Do I have to give notice if I want to cancel?

If you decide you want to leave us, we ask for 1 month written notice through our cancellation form on our website: www.goodlifegymnastics.com/contact/ given no later than the last day of the month.

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