



Trampoline Holiday Club

www.ntga.co.uk



Our **Holiday Club** sessions provide the perfect solution to any holiday boredom!

Catering for beginners, garden trampoline enthusiasts and beyond, our team of fully qualified and DBS checked coaches will help teach you a wide range of tricks, skills, flips and twists on our Olympic-sized trampolines, in a fun, social and safe environment.

NTGA is a British Gymnastics High Performance Centre with GymMark, the sign of a quality club!

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday
		AM Sessions (Age 1-5)		All Day Club (Age 6+)		
October Half-Term	22 - 26 October	09:30-10:30 10:30-11:30	09:30-10:30 10:30-11:30	09:00-15:00	09:00-15:00	09:00-15:00
February Half-Term	18 - 22 February	09:30-10:30 10:30-11:30	09:30-10:30 10:30-11:30	09:00-15:00	09:00-15:00	09:00-15:00
Easter Week 1	8 - 12 April	09:30-10:30 10:30-11:30	09:30-10:30 10:30-11:30	09:00-15:00	09:00-15:00	09:00-15:00
Easter Week 2	15 - 18 April	09:30-10:30 10:30-11:30	09:30-10:30 10:30-11:30	09:00-15:00	09:00-15:00	Bank Holiday
May Half-Term	28 - 31 May	Bank Holiday	09:30-10:30 10:30-11:30	09:00-15:00	09:00-15:00	09:00-15:00
Summer Club	TBC	TBC	TBC	TBC	TBC	TBC
		Cost = £4 per person		Cost = £19 per day / £50 for 3 days*		

AM Sessions (09:30 & 10:30):

These classes run at 09:30 & 10:30 and are suitable for those aged 5 and below. The cost of these sessions are £4 per person. Classes are structured to include work towards the British Gymnastics Proficiency Scheme and include the use of brand new Pre-School gymnastics equipment and soft play. All sessions are lead by fully-qualified, experienced and friendly coaches. No minimum age.

Day Sessions (09:00-15:00):

These classes run from 9am-3pm and are suitable for those aged 6+. The cost of these sessions are £19 per day or £50 for 3 days (*consecutive days in same week). Sessions include; trampoline instruction, trampoline games/challenges, foam pit and other sports/activities (subject to availability/weather). Please provide suitable trainers for other activities. Please provide all drinks/snacks and a suitable lunch. The day is fully supervised including all breaks and lunch and will include suitable films.

Booking Information:

To book a holiday club session please select your days/times and complete the form overleaf. Payment is required in advance to secure your place, you can check availability and make payment over the phone by calling the office line on 01604 645120. We also accept payment via cash/cheque/card in person.

General information:

All classes are structured and include a floor warm-up, which everyone must participate in. For AM sessions (Pre-School) 1 parent/guardian/carer is required to stay and supervise at all times in the session. For All Day sessions children are expected to be left in the care of NTGA, we cannot guarantee space for any spectators. Drinking water is provided in the gym; however you will have to provide your own cups/bottles. Only water is permitted in the gym. It is vital that participants follow coach instructions at all times for their safety, anyone failing to do so will have their parent/guardian asked to collect them from NTGA immediately.

Holiday Club

Week	Monday	Tuesday	Wednesday	Thursday	Friday
	AM Sessions (Ages 1-5)		All Day Club (Ages 6+)		
October Half-Term	09:30-10:30 [] 10:30-11:30 []	09:30-10:30 [] 10:30-11:30 []	09:00-15:00 []	09:00-15:00 []	09:00-15:00 []
February Half-Term	09:30-10:30 [] 10:30-11:30 []	09:30-10:30 [] 10:30-11:30 []	09:00-15:00 []	09:00-15:00 []	09:00-15:00 []
Easter Week 1	09:30-10:30 [] 10:30-11:30 []	09:30-10:30 [] 10:30-11:30 []	09:00-15:00 []	09:00-15:00 []	09:00-15:00 []
Easter Week 2	09:30-10:30 [] 10:30-11:30 []	09:30-10:30 [] 10:30-11:30 []	09:00-15:00 []	09:00-15:00 []	Bank Holiday
May Half-Term	Bank Holiday	09:30-10:30 [] 10:30-11:30 []	09:00-15:00 []	09:00-15:00 []	09:00-15:00 []
	Cost = £4 per person		Cost = £19 per day / £50 for 3 days*		

<i>Child Information</i>			
1st Child's Name:		DOB:	
2nd Child's Name:		DOB:	
3rd Child's Name:		DOB:	
4th Child's Name:		DOB:	
<i>Parent/Guardian Contact Information</i>			
Name:		Mobile No.:	
House Name/No.:		Postcode:	
Email Address:			
<p>Medical Conditions/Special Needs/Disabilities: You must inform NTGA and provide full details of any special needs or disabilities, any previous or ongoing medical, physical, emotional or behavioural conditions, including and current medication, any restricted movement and anything that has resulted in hospital treatment at any time in the past. NTGA reserve the right to risk assess any information provided and ask for a doctor's letter to prove fitness to participate. PLEASE DECLARE ANY MEDICAL ISSUES BELOW.</p>			
<p>Booking Information: It is not the policy of NTGA to offer refunds or offer make up sessions for any missed classes. Photography or filming is not permitted in the sessions unless a special occasion is organised. Appropriate sports clothing must be worn including non slip socks. Long hair must be tied back. Strictly NO wearing of ANY jewellery including pierced jewellery. Strictly NO eating or drinks in the trampoline area. Please ensure your child arrives and is collected on time. NTGA reserves the right to exclude anyone from participating, who puts themselves, staff or others at risk.</p>			
<p>Data Protection: NTGA may use images/footage of your child/children for promotional purposes and/or on social media, if you do not wish for them to be involved please make NTGA staff aware in advance or at your child/childrens first session.</p>			
<p>Vigorous Activity: Due to the nature of the sport of trampoline gymnastics, we wish to inform you that the possibility of injury does exist. In particular, the sport involves repetitive contact with the trampoline bed whilst performing skills in a variety of landing positions. It is vital that the participant follows the coach's instructions at all times, anyone failing to do so will be asked to leave the session or parent/guardian will be contacted for collection.</p>			
<p>Parental/Medical Consent: I authorise staff at NTGA to seek treatment for an injury occurred to myself/my child whilst trampolining. In the event I/my emergency contact cannot be reached I hereby authorise the doctor and/or hospital staff to perform the necessary treatment. If you do not give permission please authorise staff what procedure should be followed.</p>			
Signed:		Print Name:	
<p>To book please call 01604 645120 and make payment over the phone to secure your place. You can then bring the completed form along to your first session or return in advance via email/post.</p>			
<p>Telephone: 01604 645120 / Email: info@ntga.co.uk / Website: www.ntga.co.uk</p>			

