

WELCOME PACK

Welcome to our LJ DANCE & GYMNASTIC FAMILY!

This is an introduction pack with all the information you need to know about our club.

WHAT TO EXPECT:

- We have fabulous, committed coaches that are always delighted to meet new members.
- We hope this is an exciting start to your child's gymnastic journey and that they have the best time in their new class.
- We will introduce them to some of our existing members and they will assist them through their first session, to hopefully help with any nerves.
- Unfortunately, parents are unable to stay during sessions although if your little one is nervous and would like you to stay for their first session, this is no problem.

MEET THE COACHES:

Laura- Head Coach and owner of LJ Dance & Gymnastics

Laura has trained in both dance and gymnastics from a very young age. She has been British acrobatic gymnastic champion on many occasions, She has also competed at international competitions around the UK and abroad. Laura graduated with a degree in Dance, Performance, and teaching at Preston university. She is a level 3 acrobatic gymnastic coach and has first aid training, safeguarding training and is DBS checked.

Laura has been a coach for 17 years and a club judge for 12 years.

Laura is very passionate about her work and loves being able to have the opportunity to share her passion for dance & gymnastics with the children she teaches.

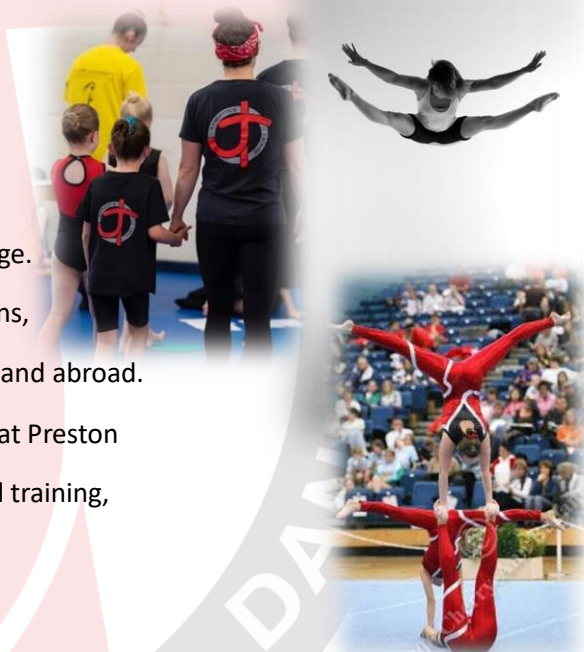
Lynn-Level 4 Acrobatic gymnastics coach and Judge

Lynn has coached acrobatic gymnastics for over 20 years.

She is a level 4 acrobatic gymnastic coach and high-level, regional judge.

Lynn has judged at gymnastic competitions all over the country for many years. Lynn has first aid training, safeguarding training and is DBS checked.

Lynn is a wonderful, committed coach with so much passion for the sport. She always encourages the gymnasts to try to achieve their full potential.



Sharon-Level 2 Acrobatic gymnastics coach & Judge

Sharon is a level 2 acrobatic gymnastic coached and club judge.

She has coached with us at LJ for 11 years ago.

Sharon has first aid training, safeguarding training and is DBS checked.

Sharon is a dedicated and enthusiastic coach who began her gymnastic journey as a parent. She very quickly developed a love & passion to learn more about the sport and wanted to become more involved as a coach. Sharon now loves sharing her knowledge with our members and watching them grow as gymnasts.



Kath- Level 1 acrobatic gymnastics coach and welfare officer

Kath is a level 1 acrobatic gymnastic coached and has coached with us at LJ for 11 years.

Kath has first aid training, safeguarding training and is DBS checked.

Kath is also our gymnastic club welfare officer, gymnasts or parents can talk to Kath if they have any concerns.

Kath has coached acrobatic gymnastics for years. She original began her coaching Career at the club Laura trained at and has grown in knowledge over the years.

She is a dedicated part of the LJ team and loves being a part of the gymnasts development.



Caitlin- Street and commercial dance teacher

Caitlin has danced at LJ since the age of 10, she has grown up with our LJ family and has developed a passion for teaching.

Caitlin teaches our street and commercial classes alongside Laura.

Caitlin has first aid training, safeguarding training and is DBS checked.

Caitlin loves teaching and is always keen to learn & develop her own knowledge as a teacher.

She works hard with the children she teaches & loves watching the develop & grown in confidence.



CLASS FEES

We offer pay weekly sessions as a trial for all our classes. We aim to start new members at the beginning of a month, this means that they can attend that full month and pay as they go. If they are only able to attend mid-month this is no problem, but they will only receive weekly classes during that month.

Costs per session (trial period ONLY):

Mini contemporary £4

Senior contemporary and senior street £6.75

Jazz and junior street £4.50

Gymnastics £5

- If they enjoy their trial sessions with us and want to join, fees will then change to monthly. Monthly fees depend on which class they decide to join.

Costs per month:

Mini contemporary £14

Senior contemporary and senior street £25.50

Jazz and junior street £17

Gymnastics beginners, minis & inters £19

Development £37.50

Elite £52.50

Class Payment

Payment for classes are to be made via direct debit/standing order.

How monthly payments will work:

- Payment will be split over 12 months.
- Dancers and gymnasts will have a total of 7 weeks deducted from their payment:
- **3 weeks off for Christmas**
- **2 weeks in the summer**
- **1 week at Easter**
- **1 week for any session that may need to be cancelled by Laura.**
- Payment will be for a total of 45 weeks, which will be split over 12 months. If we must cancel for any other reason, classes will run via zoom were possible or members will be offered the option to come to another session. This does not apply to the elite as they receive 30 minutes free every week. This time is banked for any classes they may have to be cancelled.
- Direct debits/standing orders must be set up to come out on the **1st of each month.**
- If a child decides to leave part way through a month, this month will not be refunded. **4 weeks' notice must be given prior to leaving to allow us enough time to fill the space.** This means that if you inform us at the end of a month that your child wants to leave then the following month must still be paid for.
- Cancellation of class payment is the responsibility of the parent/guardian, and no monies will be refunded if a direct debit/standing order is not cancelled.

What to wear Dance:

Street dance

Something comfortable with trainers

Contemporary and Jazz

Leotard/crop top & shorts/ leggings/footless tights- Joggers may also be brought in to wear over the top for when we do floor work

What to wear Gymnastics:

Gymnasts can wear shorts & t-shirt for their trial if they don't have a leotard. **Once they join, they will need a leotard or crop top & shorts.**

Hair must be in a tidy bun (untidy hair can get caught when learning and performing skills so we want to make sure it's out of the way and tidy, this is also good practice for competitions)

British gymnastics insurance policy voids the wearing of jewellery (This includes clear plastic earrings) If a child has only recently had their ears pierced then earrings must be covered by a parent or guardian prior to class with either plasters or micropore tape.

Please ensure your child brings a drink or two to classes as they work extremely hard and will need a drink.

GYMNASTIC MEMBERSHIP

All our gymnasts must have British gymnastics & club membership to train with us.

Gymnastic membership is a total of £42 for the year.

After their trial period is up gymnasts must register with British gymnastics. They will need bronze membership at £22.

Gymnasts will also need club membership, this is £20 and payable to the LJ account

OUR REGISTRATION PORTAL

New members will need to register their child onto our online portal.

Here you will get notifications on competitions, updates, events etc. These will be specific for the classes your child is enrolled on. You will receive monthly invoices to help you keep a track of your payments. Please note, you cannot make any payments through the portal, all payments will need to be sent via bank transfer or standing order. The invoice is to help us keep a track of all payments.

You can see all our merchandise on here as well.

Please ensure you read through the terms and conditions before clicking. Once you have signed up, please enrol your child/children in the classes they are wanting to attend. It should be pretty straight forward but if you're having any trouble, please let me know. We will try to update and make it as easy as possible. Please make sure you download the classmanager app and accept to receive notifications so if anything comes up that you need to be aware of, you will receive a notification on your phone and you're not having to look back on emails. Please click on the link below to register.

<https://app.classmanager.com/portal/lj-dance-and-gymnastics/register>

GENERAL RULES & REGULATIONS:

- Appropriate clothing must be worn, this depends on the class you are participating in (See above) This is for the health and safety of all dancers/gymnasts
- No jewellery
- Gymnasts- Hair must be up in a tidy bun. This is for the safety of our gymnasts.
- If members have acrylic nails, they must be at an appropriate length (short). No acrylic nails is encouraged.
- Any form of bullying will NOT be tolerated! Any dancer/gymnast caught bullying will not be allowed to participate in any classes undertaken with LJ Dance (Dance or Gymnastics) and this will be reported to the welfare officer.
- All members must be courteous, supportive and respectful of each other as well as the coaches. If any member behaves inappropriately or disrespectfully, they will not be allowed to join in with the session, in an extreme case a parent will be contacted and asked to collect them from the class.
- Dancers/gymnasts must listen to coaches and follow instructions.
- Gymnasts/ dancers/coaches & parents must use appropriate language at all times!
- Class payment must be paid on time, failure to do this will result in your child being unable to participate in class until payment is made.
- Dancers/gymnasts, parents and coaches must treat the dance/gymnastic space and equipment with care and respect.
- Any valuables brought into class by the dancers/gymnasts are done so at their own risk, LJ Dance will not be held responsible for any loss or damage to items.
- No food is to be consumed by the dancers/gymnasts whilst participating in the session.
- No chewing gum!
- All gymnasts must have British gymnastics membership, without membership gymnasts are unable to train.
- No child is to leave the premises without a parent or guardian. If a child is walking home, a message must be sent to Laura to inform her of this. This also applies if your child is being collected by another parent
- Every child must wait inside the venue for a parent/guardian to collect them unless a parent/guardians has informed us otherwise.
- If any parent/guardian feels they may be late collecting their child, they must ring a coach at the earliest opportunity.
- If a child is unable to attend a session for any reason, a coach needs to be informed.

Anyone failing to abide by these rules will not be allowed to participate in classes. Thank you!

COMPETITION RULES:

- Competition rules are set by the competition organisers, these rules & regulations must be adhered to by gymnasts/parents/guardians/spectators and coaches.
- Any persons not following these rules & regulations could risk being suspended from future competitions/ classes or even fined by the organiser.
- We want our members to enjoy their experience at competitions whilst also representing themselves and LJ Dance in a very positive manner.
- We encourage dancers & gymnast to support each other, especially being a part of team sports.
- It is expected that dancers & gymnasts arrive and stay at competitions for the time allocated by their coach.
- Gymnasts must always stay with coaches during any competition.
- Competition gymnasts must have the correct uniform when taking part in any competitions.