

### What is High Flyers Trampoline Club?

High Flyers Trampoline Club is a children's trampoline club run by qualified trampoline coaches for children from 3 years upwards.

We run a friendly club with a small coach to pupil ratio to ensure a good quality of lessons.

All our lessons are structured to involve learning and play thus developing good social skills as well as trampolining skills.

We operate an award scheme and mini bouncer's award scheme, which give the children the opportunity to achieve goals and gain awards.

### How do I join?

Simply come along to one of our classes and speak to the Head Coach or alternatively telephone one of the contacts on the back page.

### How much is it?

Our sessions are 1 hour long and costs £5 per child. The fee is payable at the start of the session at the payment desk. No child will be allowed to jump without payment.

### What if my child misses a session?

You do not pay for any session you miss, however should you intend to be away for more than two consecutive weeks you must inform me to continue to reserve your place.

### What about safety?

All our trampolines are full size trampolines which are serviced regularly. We have full safety equipment including crash mats around the trampolines and floor mats. There are at least 2 qualified coaches at each session and all our other coaches are fully trained.

Our past safety record is impeccable and we endeavour to maintain our high standard at all times. The children are never left to bounce unattended at any time.

Under 8's. Your child will be escorted to the toilet either by a coach or an older child of the same gender whenever possible.

We would ask that, especially during the winter months, you bring your child into the gym personally and collect them from the gym once the lesson is finished and not wait for them in the car park as this makes it very difficult for us to account for their whereabouts at the end of the session.

### Do you have insurance?

It is a compulsory requirement that each child is registered with The British Amateur Gymnastic Association. The cost of membership & BAGA registration is £22.50 per year, which runs from Oct to Sept. After the initial trial lesson this fee must be paid before your child can attend another session. In return you will receive direct from BAGA a membership pack detailing all the benefits of being a member inc. the insurance details.

### Do I stay with my child?

As you can imagine we take up to 24 children in each session and would find it impossible to run the classes if every parent stayed with their child. We do therefore actively encourage parents to leave their children during the lesson and watch from the balcony. However we would not expect you to leave your child on the first lesson so feel free to stay and watch.

### What should my child wear?

The children mainly wear leisure clothing i.e. jogging bottoms, leggings, T-shirts and sweatshirts (no jeans please). Most

importantly the child must wear socks to protect their toes whilst bouncing. We do emphasize that no jewellery and watches be worn whilst trampolining, but stud earrings are acceptable. You will notice some of the older girls wear leotards. These are not compulsory.

### Where are the sessions held?

We run sessions at the following schools:-

#### HUTTON MOOR LEISURE CENTER, Weston-super-Mare

MON. 3.45-4.45pm      4.45-5.45pm  
FRI 3.45-4.45pm      4.45-5.45pm

#### KINGS OF WESSEX LEISURE CENTRE, Cheddar.

WED 4:00-5:00pm      5:00-6:00pm  
6:00-7:00pm  
THUR 4:00-5:00pm      5:00-6:00pm  
6.00-7.00pm,  
SAT 9:00-10:00am      10:00-11:00  
11:00am-12:00      12:00-1:00pm

### Can my child do more than 1 session?

You can book your child in for as many sessions as you wish. The fees remain the same i.e. 2hrs = £10, 3hrs = £15

### How do the lessons work?

Depending on the age of the group, the lessons are planned to involve an element of learning and play. The games are structured to benefit co ordination and balance on the trampoline. The children will work towards awards which are from 1 to 10 progressively. The first few can be attained quite quickly but then they do start to get harder. The certificates and badges can be bought from the club for £2.50 per set.

### What is the team and who can join?

Some members of High Flyers T.C. compete in competitions locally, nationally and internationally. We have a squad of around 50 children who compete in competitions for the club. The club boasts 3 British Champion, a British Synchro Champions, a World Synchro Champion, a World Individual Silver medallist and Bronze Individual medallist.

We are currently considered to be one of the most successful clubs in the country. The recreational groups are constantly monitored. Children showing potential will be invited to join the team which involves a minimum of 4hrs per week training.

### What happens if my child has an accident?

You will be informed of any accident when your child is in the gym. If the accident is minor you will be informed when you return to collect your child and you will be asked to sign and complete an accident report form. If the accident is more serious you will be contacted immediately.

If you have any further queries please do not hesitate to discuss them with the Head Coach of your centre or contact:

HELEN MOORE: 01934 512929  
www.highflyerstrampolineclub.co.uk

