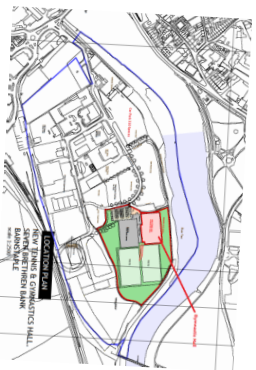


Falcons Gymnastic Academy  
Seven Brethren Bank  
Barnstaple  
North Devon  
EX31 2AS

  
**Falcons**  
gymnastics academy



Falcons Gymnastic Academy can be located on Seven Brethren to the south of the river. Follow the signs for the North Devon Leisure Centre. Go past the leisure centre, follow the road to the left, the Gym can be found at the end of the road behind Tarka Tennis Centre.



## Falcons Gymnastic Academy High Performance Centre

From Tiny Happy Hoppers to Elite Level gymnastics Falcons provides a safe friendly environment, with British Gymnastics Qualified Coaches. All coaches are DBS checked and have attended Safe Guarding courses



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## Happy Hoppers Pre-school Gymnastics

Volume 1, Issue 1

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- In this Issue:**
- Welcome
  - Timetable
  - Fees
  - Code of Conduct
  - Dress Code
  - New premises

## Welcome

At Happy Hoppers we like to learn while having fun!

Children are involved through our theme based sessions, including The Bear Hunt, transport, space, food and the weather. We start as a group with music, movement, stories and songs, followed by hand apparatus, including bean bags, balls, hoops, ropes and parachute. Soft play equipment and gymnastic apparatus is set up to create an interesting and challenging environment for children to explore and learn important body awareness skills.

Our cool down brings everyone together for quiet time, stickers or stamps, the homework challenge and collection of the attendance book. Children receive mini certificates for attendance and once their book is complete they are awarded with a medal - all included in the price.

In each session we celebrate a personal achievement made by one child. A certificate is awarded and they take Freddy Frog for the week - our Happy Hopper Superstar!

We follow the British Gymnastics Pre-school Proficiency Awards Scheme focussing on the basic skills of balance, action and co-ordination, vital in all sports. Badges are awarded at the end of each term



## Timetable

<b>MONDAY</b>	<b>MONDAY</b>	<b>MONDAY</b>
<b>10.00 - 10.45</b>	<b>11.00 - 11.45</b>	<b>12.00 - 12.45</b>
<b>TADPOLE</b>	<b>HOPPER</b>	<b>FREDDIES - invite only</b>
From Walking - 2 1/2 yrs	2 1/2 to 3 1/2 yrs	3 yrs + without parents

<b>THURSDAY</b>	<b>THURSDAY</b>	<b>THURSDAY</b>
<b>10.30 - 11.15</b>	<b>11.30 - 12.15</b>	<b>12.30 - 1.15</b>
<b>MIXED</b>	<b>MIXED</b>	<b>FREDDIES - invite only</b>
All Ages	All Ages	3 yrs + without parents

<b>WEDNESDAY</b>	<b>WEDNESDAY</b>	<b>WEDNESDAY</b>	<b>WEDNESDAY</b>
<b>10.30 - 11.15</b>	<b>11.30 - 12.15</b>	<b>12.30 - 1.15</b>	<b>1.30 - 2.15</b>
<b>MIXED</b>	<b>FREDDIES - invite only</b>	<b>HOPPER</b>	<b>FREDDIES - invite only</b>
All Ages	3 yrs + without parents	2 1/2 to 3 1/2 yrs	3 yrs + without parents

<b>FRIDAY</b>	<b>FRIDAY</b>	<b>FRIDAY</b>
<b>10.00 - 10.45</b>	<b>11.00 - 11.45</b>	<b>12.00 - 12.45</b>
<b>HOPPER</b>	<b>TADPOLE</b>	<b>FREDDIES - invite only</b>
2 1/2 to 3 1/2 yrs	From Walking - 2 1/2 yrs	3 yrs + without parents

## Code of Conduct

- Adults remain responsible for child throughout the session (unless group without parent/carer)
- Coach will advise which equipment is in use, please ensure the child in your care doesn't use equipment without permission
- No mobile phones in the gym area
- No eating in the gym
- No shoes in the gym area
- Please do not let younger siblings climb on equipment for health and safety reasons. If they are able to participate they must become a paying member of the club
- Please ask a member of staff before taking pictures

## Dress Code

Children should be able to move freely, we suggest:

- T-shirts
- Shorts, leggings or jogging bottoms
- Leotard
- **No jewellery, trousers with buckles or studs, skirts/dresses to be worn**
- No tights/socks worn on equipment
- Long hair should be tied back

## Fees and Payment

£5.00 per session, payable by monthly Direct Debit

British Gymnastic Insurance, payable on joining and valid until end Sept. Renewed annually in September.

£5.00 club membership, payable on joining and annually in April

£6.00 badge and certificate, payable as awarded

