



HAPPY HOPPERS NEWSLETTER SPRING TERM 2026



HEALTH AND SAFETY

DRESS CODE;

NO FLARED TROUSERS/LEGGINGS

NO DRESSES/SKIRTS

NO BELTS/BUCKLES/BUTTONS/ZIPES

NO SOCKS /TIGHTS

NO JEWELLERY

NO JEANS OR DENIM

HAIR TIED UP (IF PHYSICALLY POSSIBLE)

THESE ARE THE BRITISH GYMNASTICS SAFETY

POLICIES AND MUST BE FOLLOWED.

WE LOOK FORWARD TO SEEING YOU ALL
FOR OUR SPRING TERM!

HAVE FUN AND ENJOY YOUR TIME AT
FALCONS GYMNASTICS ACADEMY.

THEMES FOR THIS TERM ARE AS

FOLLOWS:

05/01/2026 PIRATES

12/01/2026 PYJAMAS DRESS UP

19/01/2026 PAW PATROL

26/01/2026 FAIRY TALES

02/02/2026 NINJA TRAINING

09/02/2026 VALENTINES/LOVE

16/02/2026 HALF TERM - NO GYM

23/02/2026 CHINESE NEW YEAR

02/03/2026 CRUFTS

09/03/2026 FROZEN

16/03/2026 RED NOSE DAY

23/03/2026 TEDDY BEARS PICNIC

30/03/2026 EASTER THEME

30/03/2026 EASTER HOLIDAYS - NO GYM

RETURN 20/04/2026

BADGES

EVERY WEEK THEY WILL BE TESTED
TOWARDS BADGES INCLUDED IN THE
MAIN CIRCUIT. ONCE BADGES ARE
ACHIEVED THEY WILL BE EMAILED TO
YOU FOR PURCHASE. THEY WILL RECEIVE
A CERTIFICATE AND BADGE HANDED OUT
IN CLASS.

SPECTATORS

SPECTATORS WHO ARE WATCHING
HOPPERS OR FREDDIES MUST SIT AND
WATCH UPSTAIRS. PLEASE DO NOT PLAY
ON THE OTHER GYM EQUIPMENT. THANK
YOU FOR YOUR UNDERSTANDING.