



# Horsham Gymnastics Centre

## Newsletter September 2010

Parent/Toddler & Preschool  
places now available for  
the under 5's call the Gym  
Office for availability.



Telephone:  
01403 756699

Welcome back and hope you enjoyed the summer, not sure where the sun was though!!

All classes return to normal as from Tuesday 31st August through to Saturday 18th December 2010, and all classes will continue through the half term break.

Some of you may have already noticed a new face within the Gym, and we are very pleased to announce the appointment of Emma Wild to our coaching team who will now head the general gymnastics programme.



### Commonwealth Games 2010 in New Delhi, India

Congratulations to Jocelyn Hunt who has been selected from the club to represent England at this years games which are taking place in October 2010 a fantastic achievement !  
**GOOD LUCK FROM ALL AT HGC**

We have now launched our new web site which went live last month please take a look [www.hgc.org.uk](http://www.hgc.org.uk) Lots more information still to be added, and as this site develops we hope it will become a useful reference point for all our members

### British Gymnastics Insurance—Important!!

The 1st of October is the start of the 2010/11 British Gymnastics insurance and membership year, please ensure that payment is received before this date to ensure continuation of cover as you will not be covered or able to compete if payment has not been received, this insurance is included within the September fees invoice.



*Are you looking for an idea for a child's Birthday Party ?* The main gym is available for private hire for boys and girls of all ages. You provide the food and drink, and we provide the fun! You'll have the gym all to yourself under the supervision of professional, adult staff. We play games, experience the range of apparatus, jump on the trampoline and, of course, play in the pit. It's great fun for all and no gymnastics experience is necessary.

Birthday parties take place on Saturday's & Sundays. Please call the office on 01403 756699 to check availability.

### Diary Dates

*Women's Artistic South East Regional Championships takes place at Guildford Spectrum over the weekend 18th/19th September 2010*

\* \* \*

*The 2010 Sussex Championships is to take place at Olympus Leisure Centre in Burgess Hill over the weekend 9th/10th October 2010 please come and support Horsham Gymnasts!!*

\* \* \*

*The HGC Club Championships for all our recreational children will this year be held on Sunday 14th November. No classes will take place on this day. (Further information on this event will be issued with the October invoices)*

### Reminders

#### Toilet Trips

Please ensure that your child has been to the toilet prior to the start of their class, especially the pre-school classes. If your child is not old enough to go to the toilet unaided please ensure that a suitable person is present at all times throughout the class to take them. This rule is aimed to limit disruption to classes and to ensure your child has an enjoyable time without little accidents. To comply with child welfare procedures WE CANNOT TAKE YOUR CHILD, so please do not place staff in an awkward situation.

#### Food & Drink

Please help us keep the gym and gallery area clean and tidy. NO food and drinks are allowed within the main gym. Drinks & light snacks if needed are allowed within the upstairs gallery but please ensure that cups and plates are NOT placed under chairs and that they are returned to the CAFÉ.

#### Hair, Hair, Hair!

Have you ever tried a handstand or forward roll with loose hair? Please remember to tie back your child's hair before classes and also ensure all jewellery is removed before the start of the class.

#### Payments

Please ensure that any fee's or payments made to HGC are clearly marked with your child's name on the reverse of the cheque or if paying by cash in a suitable envelope with your child's name clearly indicated. All fee payments should be paid in full by end of each month.

We thank you for your cooperation in these matters.