



MIDDLETON GYMNASTICS CLUB

NEWSLETTER = OCTOBER 25



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Membership Made EASY

Since our move to the new centre we have begun to migrate to a digital membership system. This provides our members with an online account and has lots of features. It will also ensure that you can keep us up to date with your most relevant contact information, receive direct broadcast emails and information, you can also report absence direct to the coaches in each session.

Keep an out on your emails asking for you to update your information to create your account—this will be rolled out group by group throughout November.

MGC MEMBERS ONLY

CLUB COMPETITION 2025

Saturday 20th & Sunday 21st December 2025

ENTER ONLINE
£10 per Gymnast
CLOSING DATE 31/10/25
www.middletongymnasticsclub.co.uk

CLUB COMPETITION 2025

This years 2 Piece Club Competition is planned to be held on Saturday 20th & Sunday 21st December. Online Entry closes open on Sunday 31st October 2025

As in previous years this is a great event to give our members the opportunity to showcase their skills in fun, friendly competition environment.

Register online at www.middletongymnasticsclub.co.uk

SESSION TIMES

Please ensure your child arrives for their session on time, we can not permit any member to participate in a session after 5 min from the start of the session as they would not have completed a FULL warm up.

This ruling is set by **BRITISH GYMNASTICS** not the club.

Our New Facility has an Automatic Timed Entry System.

The main door automatically locks shortly after each session begins. Those who arrive late will not be able to participate in that session.

REMINDER

ANNUAL CLUB MEMBERSHIP

Your Annual Club Membership will be collected via your direct debit on or shortly after 1st November 2025 (£15.00) This is not your childs British Gymnastics Membership, which provides their insurance.

****New Members starting with us in November—your membership will be collected on 1st December 25****

CHRISTMAS CLOSURE

Last session

Mon 22nd Dec 25

Re-Open on:
Mon 5th Jan 26



SATURDAY 20TH & SUNDAY 21ST DEC

Due to club competition all normal sessions have therefore been cancelled. For those taking part in club competition please arrive at the appropriate time as posted on the notice board in the gym & on the clubs website. Times will be available from mid November 25



SOCKS FOR THE TRAMPOLINE

Within the new centre we now have a grand master trampoline, this trampoline has a webbed bed and to reduce the risk of injury (toes getting caught in the holes of the bed) members will need to ensure they bring with some trampoline socks, ideally those with rubber grips on the bottom. Members who do not have this will not be allowed to go on the trampoline and an alternative activity will be provided.

THIS IS FOR THE SAFETY OF YOUR CHILD

MEMBERS WALKING HOME ALONE POLICY

Your child's safety is most important to us. We recognise that some children reach 11 years of age and start secondary school, they may feel more confident to leave the Gymnastics Centre without being picked up by a parent/guardian. British Gymnastics Policy is that the club has responsibility for any member which is a minor (under the age of 18) until they are collected by a parent or guardian, British Gymnastics has advised with the exception of a written consent being provided. However, Middleton Gymnastics Club policy will not allow any member under the 13 years to travel home alone under any circumstances.

Parents of members 13+ can come into the centre and complete a waiver form on site should you wish the club to release your child to travel home alone.



USUAL REMINDERS

EAR RINGS, RINGS, WATCHES, BRACELETS, NECKLACES,

For the safety of your child

Your child should not wear any of the above when attending a session. A Small stud earring is accepted if it cannot be taken out (newly pierced), but it must be **TAPED** up before they arrive, hooped ear rings should be removed. Appropriate clothing should be worn, no baggy t-shirts, denim, loose jumper tops.

As per the rules set by British Gymnastics, **NO JEWELLERY** should be worn when participating in a gymnastics sessions. Your child should not be allowed to participate in any sessions if they are wearing Jewellery that cannot be removed or has not been taped up.

If your child has chewing gum they should dispose of it before the session starts. Those asked to dispose of it but are found to have not done so will be sent home.



DRINKS/BOTTLES

Please ensure your child brings a non-fizzy drink with them to their session, and don't forget to take your bottles home afterwards, we have a few personal bottles left. These will be disposed of if they are not collected the following week.



**PHOTO'S/VIDEO'S
OR LIVE STREAMING**

POLITE REMINDER: With GDPR and safeguarding in mind we remind you that Photo's / Videoing or live streaming of general sessions is not permitted for the protection of our members. If you wish to video your child please speak to a member of the coaching team who will be able to assist you.

THANK YOU FOR YOUR CONTINUED SUPPORT