

Parent & Toddler Information 2023/2024

Welcome to Benchmark Gymnastics and thank you for choosing to attend one of our Parent & Toddler Classes. Please take the time to read the following information as it should enable you to get the most out of your time at Benchmark.

Class structure

Sessions are structured according to your child's age. So we encourage parents and toddlers to engage in age-appropriate activities led by the teacher as much as possible. We also encourage exploration, risk-taking, and independence within our classes. So if your child is not inclined to follow directions throughout, that's okay too!

What To Wear To Class

Both parent and child should wear comfortable clothing that doesn't inhibit their ability to move. Ideally this would include:

- Shorts, t-shirt, leggings, or tracksuit bottoms

Please note the following:

- Socks, trainers, shoes, jeans, skirts, or hooded tops must not be worn by your child.
- Long hair must be tied back and kept out of the face
- No jewellery of any description is to be worn by your child including earrings, rings, necklaces
- When you enter the gym, please be mindful of your own jewelry and clothing. Supporting your child in activities can be hampered by loose or sharp jewellery or piercings.
- We would advise that parents during the class have bare feet to avoid slipping in the gym. You are however, ofcourse able to wear socks if you'd rather, but this is at your own risk.

Arriving for a session

Classes always start promptly so we ask that you arrive at least 5 – 10 minutes before the session is due to start. This will give you enough time to get ready for the session, i.e. visit the toilets, etc.

Can you eat and drink during sessions?

Please note that no eating, drinking or chewing is allowed during the session with the exception of water or a non-fizzy drink.

Photography

No phones or cameras are allowed in the gym. Photography by parents is strictly prohibited. From time to time Benchmark Gymnastics will take marketing photographs/videos during the sessions which can be sent on to parents if requested.

Benchmark has a strict safeguarding policy and when you sign up for classes you will be asked if you are happy for us to take photos of your child for use in marketing materials and social media campaigns. Within your class the teacher and assistant will be aware of your preferences regarding this.

How much is a taster session?

Taster sessions are £8.50 plus transaction fee (1% + 20p per transaction) and must be paid BEFORE attending the taster session using the Instant Pay link in the confirmation email.

How much do classes cost?

Classes are £40 pcm (plus a transaction fee of 1% +20p). This fee entitles you to approximately 35 classes over the course of an academic year.

Class fees are automatically collected by our payment provider GoCardless on or around the 4th of every month from September - July.

Once enrolled a 10% sibling discount is available on request where applicable.

Annual Membership

A £30 Annual Benchmark Membership fee (plus a transaction fee of 1% +20p) is also due on joining and then again in August of every year irrespective of when you join.

Your first annual membership fee will be collected on or around the date of your first session.

How payment works at Benchmark

At Benchmark Gymnastics we do not accept payment by cash, cheque or debit/credit card. Instead we collect all payments via our payment provider GoCardless as either a direct debit or instant pay for one-off payments.

Paying by direct debit saves time as it is quick and easy to set up and only needs to be done once.

Thank you...

...for choosing Benchmark Gymnastics. We look forward to seeing you at your next session.