

Parent & Toddler and Benchmark Babies

New Parent Information

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

Our sessions are not 'free flow' sessions. This means that we ask all parents and toddlers to participate in activities at a designated activity station, before moving on to the next at the instruction of the coach.

Covid Protocols

Please note that due to Covid restrictions coaches do not physically support gymnasts but will advise parents on the best way to do this.

The wearing of face masks is also optional.

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
- Long hair must be tied back and kept out of the face
- **No jewellery** of any description is to be worn including earrings, body piercings, watches, rings, necklaces and nail extensions

Arriving for a session

We ask that you arrive at least 5 – 10 minutes before the session is due to start so you have 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.

How much is a taster session?

Taster sessions are £6.50 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 charged at £30 pcm (plus a transaction fee of 1% +20p) and are automatically collected by our payment provider GoCardless on or around the 4th of every month from September - July. This entitles you to approximately 38 classes over the course of an academic year.

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

A £15 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.