



# GOOD LIFE *Worcester Park*

Thank you for joining Good Life Gymnastics. We hope your child enjoys their first class and continues their gymnastics journey with us over the coming years. We have been running since 2015 and are excitedly growing. We now have 8 venues locally around Surrey, running 6 days a week. Our **Worcester Park** club is our largest and currently runs **Monday to Friday evenings and Saturday mornings term time only.**

Below is all of your club information explaining how we run and all the benefits of your membership. If you have any other questions, just email me on [info@goodlifegymnastics.com](mailto:info@goodlifegymnastics.com). I look forward to you joining you to our club!

*Christina*



**MONDAY TO SATURDAYS,  
TERM TIME ONLY**



**MALDEN MANOR PRIMARY AND  
NURSERY SCHOOL (BACK ENTRANCE),  
93 GAINSBOROUGH ROAD,  
WORCESTER PARK, KT3 5NX**



[www.goodlifegymnastics.com](http://www.goodlifegymnastics.com)



Chat with us on +44 7852 933174



[facebook.com/goodlifegymnastics](https://facebook.com/goodlifegymnastics)



[@goodlife.gymnastics](https://instagram.com/goodlife.gymnastics)

# DAY 1 WITH US

## Worcester Park



### What to Bring

Bring an abundance of energy with you as you'll be put to the test! Please make sure you are comfortably dressed in t-shirt and shorts or leggings, easy to remove shoes as you'll be barefoot and a **LARGE** bottle of water! :) Please leave all jewellery at home and tie up long hair!



### Venue Information

Our gym is in the Main Hall accessed via the **BACK ENTRANCE** to the school, off **Gainsborough Road, KT3 5NX**. Good Life Gymnastics flags will be positioned at the gates and the hall. This is a **DROP OFF** facility only. Parents will not be able to stay and watch within the gym.

Parking is available for parents in the small car park however there are very limited spaces. Parking is also available off site on side streets.



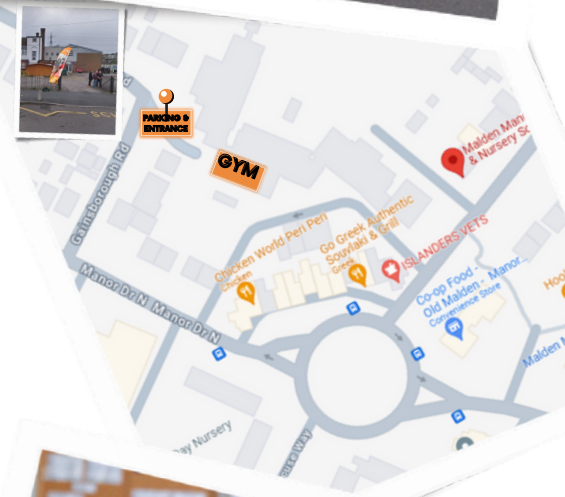
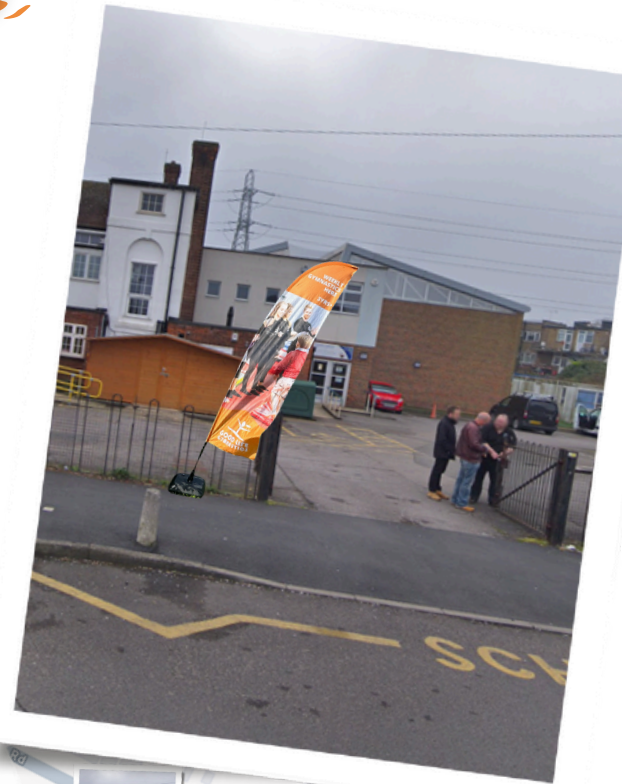
### Welcome

Our staff will be there to greet you and welcome you to our club. We will ask all new parents to drop off and then head back for the last 10 mins of the class for you to observe and have any questions answered by our Manager, Christina.



### When you get home

If you have booked a trial, you will receive a post trial invitation which we encourage you to accept within 24 hours after the trial to avoid losing your place to the next on the waiting list. If you've already joined, then there's nothing more to do but practice your new skills and come back next week!



# A MUST READ FOR YOU THE PARENT :)

## Monthly Subscriptions

- Recurring payment taken every month on the 1st
- Although classes run **term time only**, 36 weeks of the year, this subscription will be taken every month including during all holiday periods.
- The cost per month is based on a 12 month average monthly cost
- The subscription is **ROLLING** - this means your place in class is always guaranteed and no re-enrolling is necessary. The subscription will continue until **you** decide you no longer want to continue. In this case, please follow the **one month cancellation** process as highlighted on page 6.

## Benefits of Membership

- Never have to enroll again - guaranteed ongoing space
- 10% off for siblings and for Holiday Camps with Discount Code
- Same monthly price spread out over 12 months to ease budget
- Partner benefits : 10% off at **Avocadium**, 77 Surbiton Rd, Surbiton KT1 2HW quoting **GOODLIFE**

## If you have a question?

The quickest and most efficient way to receive a response is by emailing [info@goodlifegymnastics.com](mailto:info@goodlifegymnastics.com).

Email: [info@goodlifegymnastics.com](mailto:info@goodlifegymnastics.com)

Telephone number: 020 3885 1303

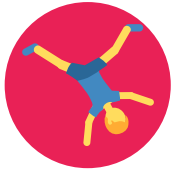
[www.goodlifegymnastics.com](http://www.goodlifegymnastics.com)

**WhatsApp Chat with us on +44 7852 933174**

**Our Terms and Conditions can be found [here](#) - please refer to this for the most up to date information.**

# KEY INFORMATION

## Worcester Park



### MEMBER BENEFITS

1. 10% DISCOUNT FOR ADDITIONAL SIBLING SUBSCRIPTIONS OR MULTIPLE CLASSES
2. PRIORITY BOOKINGS FOR ALL HOLIDAY CAMPS AND EVENTS WITH 10% OFF
3. JOIN A FRIENDLY COMMUNITY WHILST BUILDING NEW SKILLS & STRENGTH
4. IF YOU HAVE A FRIEND YOU'D LIKE TO BRING, LET US KNOW AND WE CAN OFFER THEM A FREE TRIAL



### WORCESTER PARK CLUB

Our Worcester Park club is the largest, running Monday to Friday evenings from 5pm - 8pm and Saturday mornings from 9am - 12pm. Classes held at this gym are 3-6yrs, 6-8yrs, 8-10ys, Tween/Teen class and the Advanced Squad class which is an invitation only class. We bring in specialised equipment to deliver comprehensive and fun class plans to all our members.



### E-MAILS FROM US

Please note that we send communications from 2 different emails so please ensure you add these to your contacts in your email so you don't miss out on any information.

1. **bookings@class4kids.co.uk** - all booking confirmation emails and urgent emails regarding your child's class will be sent from this email.
2. **info@goodlifegymnastics.com** - this is our Admin email which you can contact us on at any time. In turn, we send all exciting information about upcoming events, merchandise drops, gym information, term dates etc from this address. Please make sure not to unsubscribe from these, so that you don't miss out on your member discount codes.



### HOLIDAY CAMPS

Our holiday camps run year round and are available to book through our website. They run out of our **Hinchley Wood** venue during February half term, Easter holidays, May half term, Summer holidays and October half term.



### GOOD LIFE MERCH

We have an online shop, [www.goodlifegymnastics.com/shop](http://www.goodlifegymnastics.com/shop), selling our merchandise for all members. Orders and payments can only be made via the website and your order will be delivered to your child's class within 10 days. No refunds given.

01

02

03

04

05



# CLASSES AT Worcester Park

Each class starts with a 15 min warm up and stretch. This includes an exciting pulse raiser which is usually a gymnastics based game or workout style activity ending in a full body stretch which gets the children ready for safe exercise. The gymnasts will then participate in 'Skill Prep' which will prepare for the upcoming skill session. The children will focus on core skills that help with the more challenging exercises to follow. These exercises build muscle memory and increase spatial awareness. All children are split into groups according to age and ratio.

## 3-6 YRS

60 MINS

The children are split into groups based on age and ability.

The 3-4yrs will have a circuit made out of colourful objects and hand apparatus that they can follow like bread crumbs and which we have engineered to include important skill development exercises.

The 4-6yrs group will begin their gymnastics journey starting with beginner level skills with the knowledge that once their strength is built they progress to harder skills as they get older and better.

## 6-8 YRS & 8-10 YRS

60 MINS

Our 6-8yrs and our 8-10yrs class follow the same equipment structure as the 4-6 age group however they have are set harder exercises to suit their age/ability and keep them engaged in their lessons.

Beginners will be kept at a level appropriate for them however those that show more capability will be taught progressions of basic skills and pushed to their own capabilities.

## TWEEN & TEENS

60 MINS

The Tween & Teen Class is a mixture of everything where we help them follow the steps of the class, maintain strength and fitness however at the same time we give them a little more flexibility to choose what they would like to learn and achieve.

They will also be pushed to their own capabilities and given the chance to join our coaching team for a potential coaching profession.

## ADVANCED SQUAD (INVITE ONLY)

120 MINS

Our Advanced Squad class is for gymnasts who have reached a good standard of gymnastics and would like the challenge of learning more complex skills. This will be a slightly more disciplined session, and during the 2 hour session, gymnasts will have the time to work on their flexibility and strength, improve existing skills and learn more complex skills. This is an invitation only class and there will be the opportunity to also be chosen to represent the club in local competitions and displays. We will be focusing on: - the higher level Floor and Vault Skills such as Twisting, front and back tumbling combinations, advanced vaults such as hand spring & hand spring twisting - the Artistry of skills learning to perform their skills perfectly and beautifully - Physical preparation, getting their bodies ready by improving their Flexibility, Strength, balance and coordination - Competition Preparation, teaching the gymnasts all the skills and tools they will be asked to compete in a possible 5 Floor and Vault Competitions during the year.

To become really good at gymnastics, the key is repetition - doing skills over and over again to eventually gain perfection. This can be quite boring for children, therefore at Good Life Gymnastics, we have recognised this and feel it is more important for the child to love the sport of gymnastics rather than the punishing repetition.

We've put together a schedule of exciting weekly themes that complement the important repetition of skills to help keep children engaged and excited to learn.

We've introduced special themed weeks to encourage participation and fun, for example, 1 dress up week a term (always optional), which you will be notified about in advance.

At the end of every term we always invite parents in for a watching week so you can see your child's progress. We don't do this on a weekly basis as it's quite distracting for the children and independent learning is a big focus for us.

At Good Life Gymnastics, we believe in building confidence! Welcome to our club!

# SUBSCRIPTION PRICES

## Worcester Park



3-6 YRS



6-8 YRS



8-10 YRS



TWEEN/TEEN

### 60 MIN CLASS

Joining Fee - one-off	£30.00
Monthly Subscription Price (36 Weeks over 12 months)	£48.00
Cover charge (per class - only applicable if you join after 1st of month for up to first 4 classes only)	£16.00

### ADVANCED SQUAD - 120 MIN CLASS

Joining Fee - one-off	£30.00
Monthly Subscription Price (36 Weeks over 12 months)	£92.00
Cover charge (per class - only applicable if you join after 1st of month for up to first 4 classes only)	£30.67

### EXPLANATION OF CHARGES

Our classes are paid for by a monthly subscription via direct debit taken on the 1st of every month. This will cover the following month's classes. The subscription is a rolling 12 month subscription and covers 36 weeks of classes spread out over 52 weeks and continues until you cancel.

Benefits of rolling subscription are:  
 Never lose your place as you don't ever have to renew  
 Same monthly price spread out over 12 months to ease budget  
 10% discount for holiday workshops  
 Refer a friend scheme

Cover charges: A cover charge may be added to your first month's direct debit if you began with us after the 1st of the month and there are a number of weeks left in the joining month to pay. For a 1 hour class, a cover charge of £16.00 per session will be added to your first subscription payment.

For example, if you begin our club on a free trial on 7th September, we will have to add a cover charge for classes taken on the 14th, 21st and 28th September totalling £48.00.

Your 1st payment on the 1st October will be £48.00 (Cover charge) + £48.00 (Subscription price) = £96.00.

From 1st November only £48.00 will be taken per month.

Total cost for 12 months of subscription (6 - 8 yrs/ 8-10yrs/ Tween/Teen): £576.00  
 Total cost for 12 months of subscription (Advanced Squad): £1104.00

### CANCELLATION

We hope you enjoy your Good Life gymnastics journey with us, however when you decide that your amazing adventure has come to end, please visit the **Contact Us** section of our website, [www.goodlifegymnastics.com/contact](http://www.goodlifegymnastics.com/contact) and use the form to inform us of your intentions :( We do require one month's notice, submitted by the last day of the month.

For example, if you email in on the 15th May, you will pay your last payment on 1st June and your child is welcome to attend classes until the end of June.

# TERM DATES 2024/25

## Worcester Park Saturday

### AUTUMN

7th SEPTEMBER - 26th OCTOBER 2024 8 WEEKS

2nd NOVEMBER 2024 **HALF TERM**

9th NOVEMBER - 21st DECEMBER 2024 7 WEEKS

28th DEC & 4th JAN 2025 **CHRISTMAS BREAK**

### SPRING

11th JANUARY - 15th FEBRUARY 2025 6 WEEKS

22nd FEBRUARY 2025 **HALF TERM**

1st MARCH - 5th APRIL 2025 6 WEEKS

12th APRIL - 19th APRIL 2025 **EASTER BREAK**

### SUMMER

26th APRIL - 24th MAY 2025 5 WEEKS

31st MAY 2025 **HALF TERM**

7th JUNE - 5th JULY 2025 4 WEEKS

28th JUNE 2025 **NO CLASS**

12th JULY - 7th SEPTEMBER 2025 **SUMMER BREAK**



# FAQ'S

## Worcester Park

### *Why should I trial?*

We encourage all children new to Good Life Gymnastics to book a trial in the class before subscribing to the membership, to ensure that your child is happy in the class you have chosen and that it is right for you. We then ask for you to subscribe to our monthly membership following the Trial class. A joining fee is applicable.

### *Does my child have a secure place following my trial?*

Once you are accepted into a class for a trial, this secures your place within the class. This place is guaranteed for 24 hours following your trial, when we ask you to follow the link via the invitation sent to you after the Trial class and join our Subscription.

### *How do I subscribe after my trial?*

An invitation to subscribe will be sent after your trial. Look out for an email sent from us (check junk mail also) & follow the link. Please note that we will only be able to hold your place for 24 hours following your trial, after which your place will be offered to the next person on the waiting list.

### *Can I watch my child's class every week?*

We are a drop off only gym and do not allow parents in the gym at any time. Parents are only allowed into the gym during Watching Weeks.

### *What happens if my child has a birthday and is supposed to go into the next class?*

We will keep an eye on the registers and move your child up as soon as there is a place in the next class. If they have to stay in the younger class, we will ensure that they are kept with their age group and pushed to their ability whilst waiting for a place.

### *Can I switch between venues if I can't make a class?*

When you sign up to a class within a venue, you are committed to that class going forward. If for any reason you are unable to attend that class, unfortunately you cannot attend a class at a different time or venue. We do not offer refunds for missed classes. If you are no longer able to attend your class but would like to continue with us at a different venue or time, we can assist you in transferring if a place is available in the class that you wish to move to. Talk to the manager of your club or email [info@goodlifegymnastics.com](mailto:info@goodlifegymnastics.com). All availability can be seen via the website.

### *What happens if my child's leaves something behind?*

There is a Lost and Found box in every gym. Please ask the gym manager if you have lost anything.

### *Do I have to give notice if I want to cancel?*

If you decide you want to leave us, we ask for 1 month written notice through our cancellation form on our website: [goodlifegymnastics.com/contact/](http://goodlifegymnastics.com/contact/) given no later than the last day of the month.



# GOOD LIFE

## Locations & Classes

### Chessington

St. Mary's CofE Primary School,  
Church Lane, Chessington, KT9 2DH

Tues

3 - 6 yrs	5:00 - 6:00pm
6 - 8 yrs	6:00 - 7:00pm
8 - 10 yrs	7:00 - 8:00pm
Tween/Teen	7:00 - 8:00pm

### Feltham

Reach Academy,  
53-55 High Street, Feltham, TW13 4AB

Sat

3 - 6 yrs	9:00 - 10:00am
6 - 8 yrs	10:00 - 11:00am
8 - 10 yrs	11:00am - 12:00pm
Tween/Teen	11:00am - 12:00pm
3 - 6yrs	12:00pm - 1:00pm
6-8yrs/8-10yrs	1:00pm - 2:00pm

### Hinchley Wood

Hinchley Wood Secondary School,  
Claygate Lane, Esher, KT10 0AQ

Wed/ Fri

3 - 6 yrs	5:00 - 6:00pm
6 - 8 yrs	6:00 - 7:00pm
8 - 10 yrs	7:00 - 8:00pm
Tween/Teen	7:00 - 8:00pm

### Kingston

Kingston Methodist Church Hall,  
Fairfield South, Kingston Upon Thames, KT1 2UJ

Thurs

3 - 6 yrs	5:00 - 6:00pm
6 - 8 yrs	6:00 - 7:00pm
8 - 10 yrs	7:00 - 8:00pm
Tween/Teen	7:00 - 8:00pm

### New Malden

Coombe Girls School,  
Clarence Avenue, New Malden, KT3 3TU

Sat

3 - 6 yrs	9:00 - 10:00am
6 - 8 yrs	10:00 - 11:00am
8 - 10 yrs	11:00am - 12:00pm
Tween/Teen	11:00am - 12:00pm

### Surbiton

Surbiton High Sixth Form Centre,  
13-15 Surbiton Crescent, Surbiton, KT1 2JP

Sat

8 - 10yrs	9:00 - 10:00am
Tween/Teen	9:00 - 10:00am
3 - 6 yrs	10:00 - 11:00am
6 - 8 yrs	11:00am - 12:00pm
3 - 6yrs	12:00 - 1:00pm
6 - 8yrs	1:00 - 2:00pm
8 - 10 yrs	1:00 - 2:00pm

### Thames Ditton

Thames Ditton Junior School,  
Mercer Close, Thames Ditton, KT7 0BS

Mon

3 - 6 yrs	5:00 - 6:00pm
6 - 8 yrs	6:00 - 7:00pm/7:00 - 8:00pm
8 - 10 yrs	7:00 - 8:00pm
Tween/Teen	7:00 - 8:00pm

### Worcester Park

Malden Manor Primary and Nursery School,  
Gainsborough Road, New Malden, KT3 5NX

Mon/Thurs/Fri

3 - 6 yrs	5:00 - 6:00pm
6 - 8 yrs	6:00 - 7:00pm
8 - 10 yrs	7:00 - 8:00pm
Tween/Teen	7:00 - 8:00pm

### Worcester Park

Malden Manor Primary and Nursery School,  
Gainsborough Road, New Malden, KT3 5NX

Tues/Wed

6 - 8yrs	5:00 - 6:00pm
8 - 10yrs	5:00 - 6:00pm
Advanced Squad (invite only)	6:00 - 8:00pm

### Worcester Park

Malden Manor Primary and Nursery School,  
Gainsborough Road, New Malden, KT3 5NX

Sat

3 - 6 yrs	9:00 - 10:00am
6 - 8 yrs	10:00 - 11:00am
8 - 10 yrs	11:00am - 12:00pm
Tween/Teen	11:00am - 12:00pm