

FAQs

How do I enrol my child at South Durham Gym?

South Durham Gymnastics operate from a waiting list for each of their recreational classes. Parents/guardians are required to enrol their child online (www.southdurhamgym.co.uk/register) and select the classes they may wish to attend. When a space becomes available in the appropriate class, an email invitation will be sent. To guarantee the space in the class, the invite must be accepted, and invoice paid before the invite expires; failure to complete this process fully will result in the space being offered to the next person on the waiting list.

How old do you have to be to start Gymnastics?

At South Durham we offer structured parent-child gymnastics classes from the age of 2! Simply visit the Pre-School Gymnastics page of our website for more information on our classes.

Our Trampolining sessions begin from age 4 (the child must have started full time school to attend). PLEASE NOTE: Our Trampoline sessions are currently paused.

Can my child have a trial session before deciding committing to a full block of sessions?

Due to the demand of our classes we request full payment at the time of signing up, therefore the child will not have the option of a trial session beforehand. However, if within the first week from the start of your classes, your child decides they do not wish to continue, we will offer a refund (for further details, see our [Registration & Payment Policy](#)).

Do you cater for children with disabilities?

South Durham Gymnastics is fully inclusive. If your child has a disability and you are unsure of how they will get on in one of our sessions, simply give us a call and we can have a chat about it. Please note that any child(ren) with Downs Syndrome wishing to participate in gymnastics or trampolining must view the British Gymnastics guidelines, and complete the following form ahead of participation in any session: <https://www.british-gymnastics.org/technical-information/discipline-updates/disabilities/11985-atlanto-axial-instability-information-pack-2021/file>

Can I watch my child's lesson?

We have a large viewing gallery in our gymnastics centre; this is located upstairs alongside the SD Diner. Please note that photography and videoing is not permitted.

What are gymnasts expected to wear when attending their sessions?

All children should wear either leggings/shorts, t-shirt or a leotard. Long hair must be tied back, and no jewellery is to be worn. If your child has their ears pierced, and the earrings cannot be removed, they must be covered with tape/plasters before entering the gym.

Children participating in trampolining should wear socks; those participating in gymnastics should be bare foot.

Do classes run through the school holidays?

All of our recreational classes continue to run throughout half terms and the Easter school holidays but break at Christmas (2 weeks) and Summer (4 weeks). During the Easter and Summer holidays, we run additional sessions & camps. Any dates excluded from the block of sessions will be detailed in your enrolment email.

We are going on holiday for two weeks during term time, can we have a credit/refund for these two weeks?

Unfortunately, no. Fees are payable for the full block in advance and credit/refunds are not given for missed lessons.

If we are unable to attend a lesson for one week, can we swap to another?

No, classes are non-transferable.

Can non-members attend holiday camps?

All camps are open to members and non-members alike, and spaces are offered on a first come, first serve basis.

My child would like to do more gymnastics, is this possible?

Absolutely! If your child is already taking part in recreational sessions, during the next re-registration period, simply call/pop to the office and ask for your child to be added to an additional session. We also offer Private Lessons

during most school holidays as well as tumbling and apparatus workshops throughout the Summer holidays. This as a fantastic way of increasing your child's skill level.

I have missed the re-registration period; can my child still take part in their class?

Unfortunately, if you have missed the opportunity to re-book your child into their class during the re-registration period, we cannot guarantee your child a space. If you call the office on 01388 811877 ASAP, we may be able to find you a space in an alternative class.

Do you offer Competitive Gymnastics / Trampolining?

South Durham Gymnastics Club provides a competitive Women's Artistic pathway at the Pink Gym. The team of South Durham coaches continuously assess the practices and progressions of our gymnasts, and if a coach thinks a gymnast has Squad potential, they are placed on the SDGC 'Talent Board'. Pending on spaces within a Squad, the gymnast may be invited to join immediately, however, if the Squads are full, there may be a wait before moving gymnasts through. In this instance the Club will often wait for a number of spaces to become available and host a 'trial' training session with a several pre-identified gymnasts during a school holiday.

Unfortunately, we do not offer a competitive pathway for Boys, Acro, Tumbling or Trampolining, HOWEVER, if you / your child is interested in pursuing one of these disciplines, we have brilliant links with other local clubs and will happily put you in touch with them.