

Thank you for completing our registration form, we look forward to seeing you at your first session. Please read through this information which will be useful to those attending for the first time.

### **Location**

Address: Unit 2, Great North Business Park, Axus close, SG18 9GH  
The gym is located just across the A1 from Sainsbury's in Biggleswade. You can access the estate by using the slip road off the A1, just North of the roundabout, or by coming down Biggleswade road in Upper Caldecote.

See map below for more information.

### **Parking**

Please park in the car parking spaces allocated to your child's class, see info below, this will be in the car park outside either unit 1 or unit 2.

You access the estate through a vehicular gate which needs to be opened by coaches after 18:00 on weekdays and all day at the weekend, please queue sensibly to the side of the road if you need to wait for this to be opened, ensuring you are not blocking the zebra crossing or road.

**DO NOT ATTEMPT TO OPEN THE VEHICULAR GATE YOURSELF**

There is also a pedestrian gate which older athletes can use if you feel they can walk across to the gym safely. Young children should be supervised between your car and the gym at all times.

### **Drop off/Pick up**

Drop off and pick up is through the front door, there is a small waiting area just inside the door for parents collecting at the end of the session. To ensure children are not going into the car park without an adult, coaches will keep athletes in the gym until they have seen you in this area. For older athletes, we will need permission from a parent to allow them to walk to cars on their own, this is at the parent's own risk.

## **What to wear**

Any sports wear which gives you free range of movement is fine, most of our athletes wear shorts/joggers/leggings and a t-shirt. For the start of your session in colder months, please bring a jumper/hoody.

Those with longer hair should tie it back, and all jewellery should be removed.

Gymnasts train barefoot or in grippy socks.

## **What to bring**

All you need to bring is a bottle of water and any medication your child may need (eg inhaler/epipen), please make coaches are aware of where any medication is kept.

## **Can parents come in?**

Unless you are taking part in one of our parent & child sessions we do not allow parents to stay in the gym during class time to avoid athletes getting distracted.

We do allow parents to stay during trial sessions but please let the coach know that you would like to do so at the start of the session.

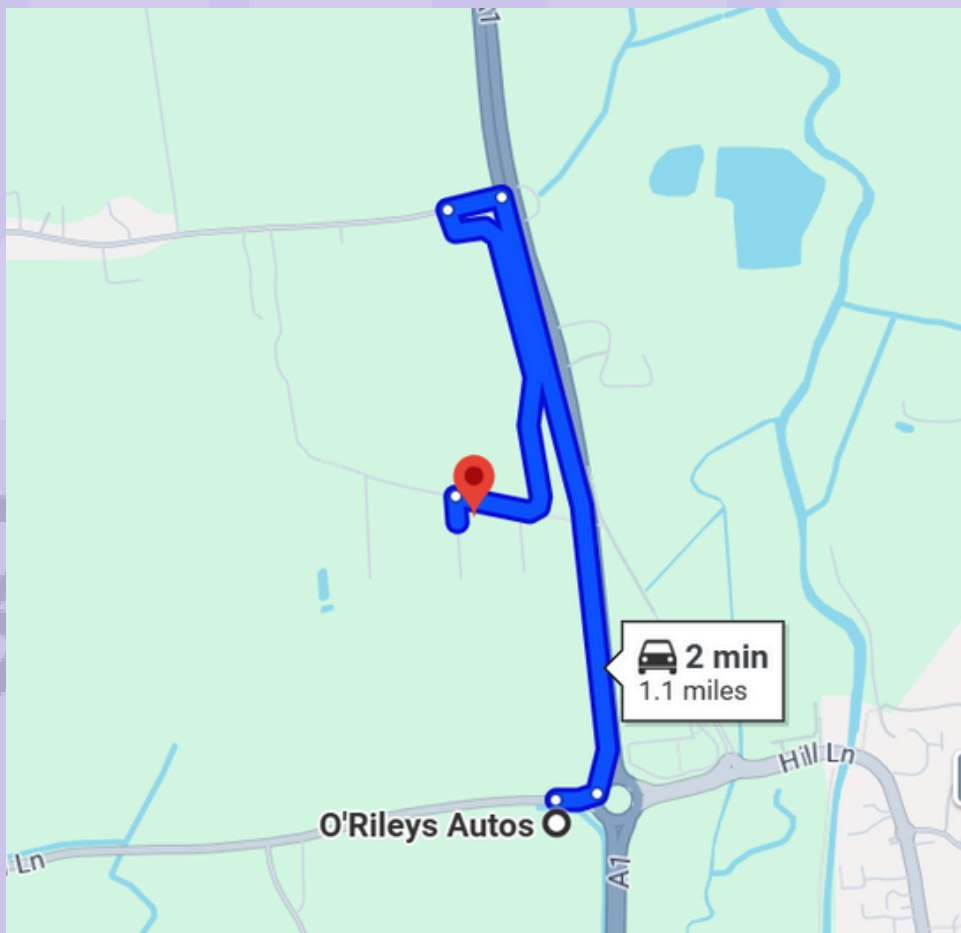
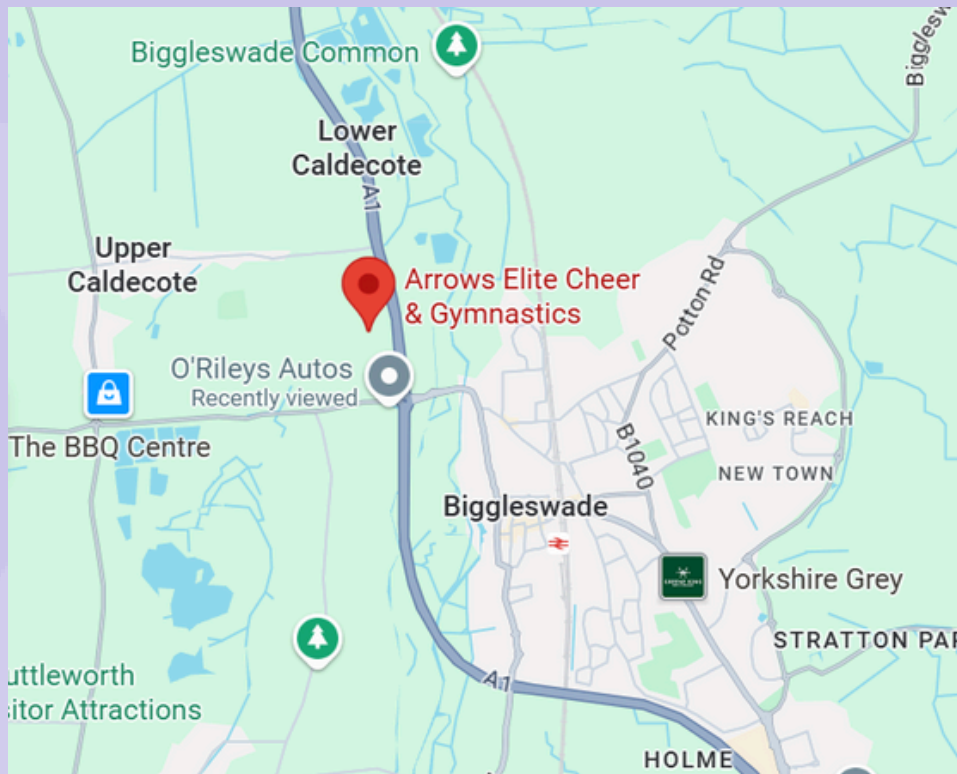
## **What happens after the trial?**

If you enjoyed your session, you can start attending from the week after your trial.

You will receive an email within a few days of the trial with information on how to set up your payments and a link to order your training t-shirt. If you do not receive this by the weekend after your trial please get in touch.

**If you have any questions please let me know by emailing us on [admin@biggleswadegc.co.uk](mailto:admin@biggleswadegc.co.uk)**

# LOCATION



# Weekday Car Park Plan

<b>Session</b>	<b>Car Park</b>
Parkour Tuesday 16:15 - 17:00	Unit 1
Parkour Tuesday 17:00 -18:00	Unit 2
Parkour Tuesday 18:00 -19:00	Unit 1
Parkour Tuesday 19:00 -20:00	Unit 2
Gymnastics Weds 16:45 - 17:30	Unit 1
Gymnastics Thurs 16:15 - 17:15	Unit 1
Gymnastics Fri 16:30 - 17:30	Unit 1
Gymnastics Fri 17:30 - 18:30	Unit 2

*Biggleswade*

# Saturday Car Park Plan

<b>Session</b>	<b>Car Park</b>
Gymnastics Sat 09:15 - 10:00	Unit 1
Gymnastics Sat 10:00 - 11:00	Unit 2
Gymnastics 11:00 - 12:00	Unit 1
Gymnastics 12:30 - 13:30	Unit 2
Gymnastics 13:30 - 14:30	Unit 1
Gymnastics 14:45 - 15:45	Unit 2
Gymnastics 15:45 - 16:45	Unit 1
Gymnastics 16:45 - 17:45	Unit 2

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