



Important Information Ahead Of Your First Visit To Our Bisley Venue

Bisley Venue Address:

The Lord Roberts Centre,
Bisley Camp,
Queens Road,
Brookwood,
Woking,
Surrey
GU24 0NP

To see where our Bisley Venue is located visit their website [LRC Website](#)

Where the classes take place and where to park:

As you drive through the main entrance of the Bisley Camp you follow the Kings Way road for about 100m and then you take the left turn down Echo Road and then the 1st left which will take you in front of the St George's Lodge and to the entrance to the Lord Roberts Centre Car Park. The Gymnastics classes will generally be taking place in the Sunningdale Hall which is situated upstairs, however there will be a few Saturdays where the classes will take place in the Windsor Hall downstairs due to functions or competitions upstairs. You will receive notice of which room the class will take place in each week. To access the Sunningdale Hall you walk through the main entrance and then walk up the stairs located straight ahead of you. At the top of the stairs the entrance to the hall is immediately on your left. For the Windsor Hall you walk through the main entrance and then the door to the hall is situated to the left of the cafe serving area. While your child is in there class you will be able to use the cafe facilities if you wish as they open early on Saturday mornings and operate throughout the day.

Before the class:

Please aim to arrive 10 minutes before your child starts their class so that they have time to go to the toilet before the class starts. There are toilets located to the left of the cafe downstairs and there is also a toilet upstairs which the children can use if they need to go during the session. When it is time for your child's class they will line up at the entrance to the hall and the coach will come and collect them.* **Please can I kindly ask that parents do not open the door and walk in the gym or try to get a coaches attention during a session.** A coach will come to the door at the beginning and end of each session so if you have a question please ask them then.

* Pre-School classes for our 1 - 4 year olds are parent and child sessions, therefore a parent or guardian will need to be in the gym to assist their child throughout the session.

At the end of the session:

Please be there in good time to collect your child. We will not allow the children out of the gym if a parent is not there to collect them so please do not ask your child to meet you in the car park. If you know you are going to be a few minutes late, please inform the coach before your child's class starts so that we are aware. If however there is an unforeseen problem and you are going to be late please let Victoria Mitchell (Bisley Team Leader) know via text on 07760 889392 as she won't be able

to answer the phone during the session. If Victoria is not going to be present one week we will provide you with an alternative number for the lead coach that day.

What to wear:

We do have a club kit* which is a leotard for the girls with gym shorts or leggings as optional extras. For the boys it is gym shorts and a club T-shirt. To view the club kit and place an order [click here](#)
In the meantime the gymnasts can wear their own kit. It is very important that the clothing is suitable for gymnastics and allows full range of movement. Gymnasts must have bare feet for training unless they have specific gym shoes (Socks must not be worn unless there is a medical reason that I am made aware of)

***Club Kit is currently only available for children aged 5 and over. For our Pre-School Gymnasts we will inform you when a club T-shirt is available to purchase.**

For Girls:

Preferably leotard with the option of gym shorts or leggings.

If they do not have a gym leotard then shorts and T-shirt (preferably cycling shorts or gym shorts and a fitting t-shirt)

Please do not wear baggy clothing as this can be dangerous when coaches are supporting the gymnasts and it can get caught on equipment.

For Boys:

Shorts and T-shirt (Preferably gym shorts and a fitting t-shirt but please make sure they are stretchy shorts and strictly no shorts with belts, buttons or zips!)

Please do not wear baggy clothing as this can be dangerous when coaches are supporting the gymnasts and it can get caught on equipment.

Boys are welcome to wear leotard and gym shorts if they would prefer.

Parent Viewing:

Unfortunately there is not a viewing gallery in the Hall at The Lord Roberts Centre and due to Health and Safety reasons we cannot allow parents in the hall during training sessions. There will however be a viewing week each term so that you have an opportunity to see what your child/children are working on and how they are progressing.

Water Bottles:

Especially in the warmer months the gymnasts are welcome to bring a water bottle into the gym if they feel they will need a drink during the session. However if you do bring a bottle in the gym it MUST be a sealed bottle preferably a sports bottle with sports cap and ONLY contain water.

Stay up to date with information:

The best and fastest way to stay informed of any information is via Twitter and Facebook. There are links to the pages on the club website but here is a reminder of the club accounts if you wish to like the pages:

 **Facebook : Excel Gymnastics Academy UK**

 **Twitter : @ExcelGymAcademy**

The Excel Team look forward to welcoming you to the club and if you have any further questions then do not hesitate to contact me.

Kind regards

Paul Reeve

Head Coach

Excel Gymnastics Academy

Tel: 07970 826126

Web: www.excelgym.co.uk



Excel Gymnastics Academy UK



@ExcelGymAcademy

