



Welcome Pack Information

Thank you for booking your child's' place at Kilkenny Gymnastics Academy. We have put together the following information from the most frequently asked questions to give you all you need to know ahead of attending class with us - a handy lot of info for new members. Further down there will be relevant information to the class/camp that you booked.

About Kilkenny Gymnastics Academy

KGA is located at Springhill, Waterford Road, Kilkenny. It is a 10,000 sq ft full time gymnastics training facility with a full range of Olympic standard equipment. We cater for both Women's and Men's Artistic Gymnastics with a broad range of classes for both children and adults in our timetable.

Established by directors Sharon and Jamie in 2018 KGA is the sister club of [Sugarloaf Gymnastics](#), Co. Wicklow's most reputable and established full time gymnastics training centre. The [award winning club](#) has developed a strong reputation in the area for being Wicklow's premier gymnastics facility, providing the best gymnastics programs around. Read about us in full [here](#).

KGA Website & Facebook Page

www.kilkennygymnastics.ie is your one stop shop that has all the information you need.

[Calendar](#): Holds Term Dates - [Click here for September Term 1 Dates](#).

[Camps](#): Information on Camps

[Classes](#): Descriptions on the programs we have on offer (competitive programs under development)

[About](#): Our background, Frequently Asked Questions and our Rules & Policies

[News](#): Also featured on our homepage all of our latest news is updated here

We post regularly on our Facebook page [here](#).

Class Specifics

What day/time is my child's class / camp on at?

It is easy to find out in 2 ways:

1. Search "Kilkenny Gymnastics Academy" in your email inbox (of the address that was used to book the place). A receipt from "NoReply" will pop up, click in and the time and day is listed there.
2. Visit Easy Payments Plus, login using the email address and details you used to create the account. Hover over "My Account" in the top right corner, click "Payment History", your items will show with the day, time and class booked.

What should I bring?

As pick up and drop off times are extremely busy, we recommend bringing as little as possible with you. Many of our members bring flip flops instead of shoes and socks to make things a little easier. Gymnasts can bring water to class.

What to do on the first day?

Check your child's details with our coaches to ensure that we have them on our class lists. Place all belongings neatly in a cubby and go onto the floor mats in preparation for warm up. We take a full roll call and split into groups after warm up. Parents should head off and leave the rest to our coaches! We will have the phone number that you entered on the Easy Payments system as your contact number.

What to wear

We recommend a leotard for girls, but this is not mandatory. Girls can wear leggings and a t-shirt, hair must be tied back before coming to class. No jewellery is permitted. Boys can wear shorts, fitted tracksuit bottoms and a t-shirt. Leotards can be found easily online – we recommend Quatro, Milano and The Zone. We also sell our own Kilkenny Gymnastics Academy Leotards and hoodies which can be purchased in the gym. Please do not put younger gymnasts in leotards if they will not be able to manage them while going to the toilet themselves.

You can view all KGA gear here: <http://kilkennygymnastics.ie/kilkenny-gymnastics-academy-gear/>

Pick Up & Drop Off

All of our classes are drop and go. It has been proven that a much better response from children is possible when a parent is not present. For Health and Safety and for Child protection reasons, gymnasts are not to be dropped off more than 5 minutes ahead of class time without permission from staff. Arriving too early will cause congestion in the waiting area. Gymnasts must be picked up on time as our coaches have other classes to teach or the gym may be closing. If you will be late to pick up your gymnast please text 0873754147

Can I leave my gymnasts sibling/friend to watch?

We cannot accommodate other children being left to watch siblings or friends as we cannot be responsible for them.

Kilkenny Gymnastics Academy Specifics

Where are you located?

Springhill, on the Waterford Road. Our location can be found here: <http://bit.ly/2KGEBaF>

Please ensure, if travelling down the Waterford Road towards Kilkenny that you **do not turn right** into the training centre. Continue down the road and use the roundabout.



Contacting us

Currently our office administration hours are Tuesday & Thursday 10.30am - 4.30pm. We can be contacted by phone and email during these hours. Calls, emails and texts will not be responded to outside of these hours or at weekends, unless in an emergency. Email us on info@kilkenygymanstics.ie or 0873754147

Please understand that with great interest in KGA and with many members it may take us some time to get back to you. If you would like to discuss something in detail we advise to email us with your query and we can arrange a phone call or email you back. On other days we are also in the gym coaching so cannot answer the phone.

How will I be sent class/camp information?

The majority of communication from us will be via email, we advise not using a work email address as your contact details as these tend to block our emails. Save sharon@kilkenygymanstics.ie / info@kilkenygymanstics.ie and termfees@kilkenygymanstics.ie into your contacts otherwise our emails are likely to end up in your spam inbox. We only send texts in the unlikely event of a short notice class cancellation.

For all other information please ensure to check out the FAQ on our website [here](#).

We looking forward to meeting your gymnast and hope that they enjoy their experience at Kilkeny Gymnastics Academy.

Kilkeny Gymnastics Team.