

Phoenix Gymnastics Club – FAQ's

Which Class?

Our Gymnastics classes cater for beginner to intermediate level. This includes new and existing members. Classes are split into 3 age groups and by ability so we try to ensure that all the gymnasts are in the most suitable group. Occasionally, gymnasts may be moved to a different group midterm if this is deemed more suitable for them. Please book your child into their current age group. If your child has been doing gymnastics at another club please email info@phoenixgymnastics.ie and we can advise you which class is best to book.

Our Display Team classes cater for beginner to intermediate level. Display gymnastics is a mixture of gymnastics, dance, cheerleading and acrobatics. We aim to be able to enter a team in display competitions for the first time this year.

Our Tumble classes are aimed at non-beginners who have taken an interest in tumbling during there gymnastics classes or want to progress into competitive tumbling. Phoenix gymnastics is home to the Senior National Tumbling Champion – Shane Lyndon!

Our Advanced classes are for those gymnasts who are progressing well in their normal gymnastics classes and would like some extra hours in the gym. These can be booked as an addition to the 1 hr gymnastics classes. Coaches may suggest joining this class to gymnasts who will benefit from extra training.

Trial Classes

We do not offer trial classes but we will offer a full refund after the first class if your child does not want to continue.

How to Book

1. All classes can now be booked through our booking site:

<http://www.phoenixgymnastics.ie/booking.htm>

There is also a BOOK NOW button on our home page and Facebook page.

2. On the first screen you can select which type of class you would like to book:
We have classes available in Gymnastics, Advanced Gymnastics, Trampolining, Tumbling, Display, Adults and also Holiday Camps.
3. Click on the option that you would like: For Example – Gymnastics – Term 1 – Girls
4. The next screen shows options for different age groups. In our gymnastics classes, we have: 3-6yrs, 7-9yrs and 10+ years
5. Click the Green 'BOOK' button for the correct age group
6. The next screen shows all the class times that are available for booking and the price of the term, and a full schedule of each class by clicking the 'INFO' button
7. Simply click the Green 'BOOK' button for the class that you would like
8. You will then have to input your own details and your child's details. This is so we have all of the correct information on file. Input the correct information and click next at the bottom of the screen
9. You can now either check out or add another booking using the buttons on the screen
10. Click 'CHECKOUT' and you will be taken to a screen to input your payment details
11. Click 'Pay now and confirm your booking' to finalise your booking
12. You will then receive an email confirmation of the booking, the start date and the full schedule for the term

Our Payment Gateway

All of our online payments are handled through Stripe. Stripe is an international renowned payment gateway with fully up to date security measures. Our booking site – Bookeo – does not handle payments or payment details directly and all secure information is handled by Stripe. More information about Stripe Security can be found here: <https://stripe.com/docs/security#security-at-stripe>

When is my Child's class

When you book your class, you will receive a confirmation email. This email will provide all the information for the times and dates of the whole term from September to December. You can also log in to our booking site with the details you entered when you first made a booking to review all of your bookings.

Dates for Term 1

Term 1 starts on Saturday 2nd September. Mid term break will be from Saturday 28th October to Friday 3rd November.

Term 1 finished on Friday 22nd December.

Up to date timetables and calendars can be found on the club website.

What should I wear and bring?

Gymnasts will need to wear comfortable clothing or leotards for their class. Shorts or leggings and a t-shirt are perfect. **Long hair MUST be tied back and NO JEWELLERY is allowed.** Any shoes or bags can be left in the waiting room/cubby holes but we please ask that everything is kept tidy as it is dangerous when items are left in the middle of the floor. Gymnasts can also bring a bottle of water into the gym which will be kept on a table inside the gym.

First Class – What should I do?

All belongings can be left in the waiting room upstairs or cubby holes near the gym entrance. Gymnasts will be taken into the gym and a full roll call will be taken. If there are any issues, for example if your child is not correctly registered, a coach will come and speak to you. After roll call, parents can either leave and return for pick up, or make use of our waiting room upstairs.

Waiting Room

We do have a small waiting room upstairs in the gym but we would ask parents to stay only if necessary. The waiting room can get very busy especially during class change over. We would also ask if buggies could not be brought into the gym as they cause severe congestion in the corridor.

Our Location

Unit 1, Broomhill Terrace, Broomhill Rd, Tallaght Dublin 24

Parking

We do have limited parking available at the left-hand side of the gym. Spaces at the front of the building are for COACHES ONLY. If you are dropping off children we please ask that you do not block this area. Parking is also only allowed on one side of the road in front of the gym as it can create an obstruction for other businesses on the road.

Contacting Us

If you have any queries please email us at info@phoenixgymnastics.ie

The office will aim to get back to you ASAP but please be aware that at busy times of the year we have a lot of emails and inquires that we need to get through.

Communication from Phoenix GC

Most of our communication is done via email. If you do not receive our emails, please let us know such that we can update your email address on our system. Any important notices are also posted in the gym. There are also regular updates on our Facebook and Instagram pages.

Renewal for Term 2

We will be opening registration for Term 2 in December. Term 2 will run from January to Easter with full dates to be confirmed. Please ensure that you book in early to avoid disappointment.

Intermediate Program

Gymnasts from our gymnastics classes can be selected for our intermediate program. Our intermediate classes are a stepping stone to our competitive groups and involve more training hours and often will involve competitions throughout the year. Selection for these classes is done year-round and a coach will be in contact with you if your child has been selected for this program. Current intermediate program gymnasts should have received a booking link for Term 1, if you haven't received one, please contact the office.

Petites, Development and Squad Programs

Information regarding your child's classes and fees for this term has been sent out via email. If you have any queries please contact the office at info@phoenixgymnastics.ie or speak to your child's personal coach in the gym. Gymnasts in the Girl's programs can also speak to Ash, and in the Boy's programs can speak to Wayne. If they are unable to attend a session or are going to be late please email or contact the personal coach.