2026-27

COACHING WELCOME PACK

EL190626

WELCOME TO COACHING WITH EDINBURGH LEISURE!

We're looking forward to seeing you in your first class. We hope this pack will answer any questions you have about our coached activities.

WHAT WE OFFER/WHAT WE EXPECT

What we offer:

- Fun, engaging sessions
- Regular progress updates via the online Home Portal
- Highly-qualified teachers and coaches
- A chance to build confidence and skills in a safe, encouraging environment
- Certificates, events, and much more!

What we expect:

- Make sure you arrive in plenty of time to get ready for your class
- Your child should wear appropriate attire and have any necessary equipment with them for their sport (check your relevant sport's section for more information)
- If your child is under 9, we kindly ask that you remain in the venue for the duration of their class
- Different venues have different expectations regarding pick up/drop off and viewing. Please check in with your specific site for more information.

YOUR FIRST VISIT

Most Edinburgh Leisure facilities have automatic gates which can be opened by tapping access cards. Please make sure to visit the reception desk during your first visit to pick up a card which will allow you to access the venue for your coaching class.

WHY WAIT GYM AND SWIM VISITS

If your child is in a coaching class you don't have to just wait around our venues. You can visit the gym or pool whilst your child is in their class for a discounted price (subject to availability). Ask a member of the team in your venue for more information.

PAYMENT STRUCTURE

Payment for our coaching is by Direct Debit*

Our programme operates over 42 weeks of the year. The annual total cost of 42 lessons is calculated and split evenly over 12 months of the year, so you will pay the **same amount every month.**

*Golf coaching is payable via block booking

COACHING VENUES

	Athletics	Badminton	Basketball	Climbing	Dance	Diving	Football	Golf	Gymnastics	Judo	Multi-Sports	Netball	Swimming	Tennis	Trampolining
Ainslie Park Leisure Centre															
Craiglockhart Leisure & Tennis Centre															
Currie High School															
EICA: Edinburgh International Climbing Arena															
Dalry Swim Centre															
Drumbrae Leisure Centre															
Gracemount Leisure Centre															
Kirkliston Leisure Centre															
Leith Victoria Swim Centre															
Meadowbank Sports Centre															
The Meadows															
Portobello Swim Centre															
Queensferry High School															
The Royal Commonwealth Pool															
Tumbles at Portobello															
Warrender Swim Centre															

COACHING EVENTS

We love adding a bit of extra sparkle to the coaching year with fun events that keep kids engaged and inspired. From the Gymnastics Display and Swim Medallist Gala to the Diving Competition and more, there's always something to look forward to.

Parents and guardians are also invited to join us for Viewing Week twice a year – a great chance to see what your child's been working on and catch up with our fantastic coaching team.

WANT TO KNOW WHAT'S COMING UP? CLICK HERE

TERM DATES

Saturday 11th April – Sunday 28th June 2026

Monday 10th August – Sunday 11th October 2026

Monday 19th October – Sunday 20th December 2026

Monday 4th January – Friday 4th April 2027

Monday 12th April – Friday 27th June 2027

HOME PORTAL INFORMATION

- Book classes and keep track of your child's progress with our Coaching HomePortal
- Click here to activate your HomePortal account
- Log in to HomePortal here
- You can expect a minimum of two skills to be assessed every month through the home portal for most of our coached sports
- A small number of our sports operate "Assessment weeks" where a more thorough update to progress will be given

If you have any questions about your child's coaching scan the QR code to access the Questions for Coaches & Teachers form:

VENUE CONTACT INFORMATION

Ainslie Park Leisure Centre
coaching.aplc@edinburghleisure.co.uk

Craiglockhart Leisure & Tennis Centre
coaching.cltc@edinburghleisure.co.uk

Currie High School
coaching.cchs@edinburghleisure.co.uk

Edinburgh International Climbing Arena
coaching.eica@edinburghleisure.co.uk

Dalry Swim Centre
coaching.dsc@edinburghleisure.co.uk

Drumbrae Leisure Centre
coaching.dlc@edinburghleisure.co.uk

Golf Coaching
coaching.golf@edinburghleisure.co.uk

Gracemount Leisure Centre
coaching.glc@edinburghleisure.co.uk

Kirkliston Leisure Centre
coaching.klc@edinburghleisure.co.uk

Leith Victoria Swim Centre
coaching.lvsc@edinburghleisure.co.uk

Meadowbank Sports Centre
coaching.msc@edinburghleisure.co.uk

Meadows Tennis
coaching.cltc@edinburghleisure.co.uk

Portobello Swim Centre
coaching.psc@edinburghleisure.co.uk

Queensferry High School
coaching.qhs@edinburghleisure.co.uk

Royal Commonwealth Pool
coaching.rcp@edinburghleisure.co.uk

Tumbles at Portobello
coaching.tap@edinburghleisure.co.uk

Warrender Swim Centre
coaching.wsc@edinburghleisure.co.uk

CHOOSE YOUR SPORT

- ATHLETICS
- BADMINTON
- BASKETBALL
- CLIMBING
- DANCE
- DIVING
- FOOTBALL
- GOLF
- GYMNASTICS
  - UNDER 5'S
  - PRIMARY 1+
- JUDO
- MULTI-SPORTS
- NETBALL
- SWIMMING
  - UNDER 5'S
  - PRIMARY 1+
- TENNIS
- TRAMPOLINING

BACK TO WELCOME PAGE

ATHLETICS

- Shorts, t-shirts and jogging bottoms. Children can wear any comfortable loose-fitting clothing.
- Children should wear suitable indoor trainers. We do not recommend plimsole-style shoes as they don't provide adequate grip.
- Jewellery should be removed and long hair should be tied back.

A water bottle is recommended and can be refilled at water fountains around the venue.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Skills practice
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Progression is based on competency completion, with the exception of Preschool (3 – 5) classes.
- We follow Scottish Athletics Run, Jump and Throw curriculum, which offers a wide range of activity for all children.

MAIN MENU

BADMINTON

- Shorts, t-shirts and jogging bottoms. Children can wear any comfortable loose-fitting clothing.
- Children should wear suitable indoor trainers. We do not recommend plimsole-style shoes as they don't provide adequate grip.
- Jewellery should be removed and long hair should be tied back.

- A water bottle is recommended and can be refilled at water fountains around the venue.
- Please bring your own racquet where you can. We will have a limited number of racquets available for emergency use.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm up game
  - Skills practice
  - Fun game/small-side game
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared .

- Progression through our classes are mostly based on age, but can also be based on competency completion.
- We follow Badminton Scotland's Learn to Play curriculum.
- All of our coaches are experienced and fully-qualified.

MAIN MENU

BASKETBALL

- Shorts, t-shirts and jogging bottoms. Children can wear any comfortable loose-fitting clothing.
- Children should wear suitable indoor trainers. We do not recommend plimsole-style shoes as they don't provide adequate grip.
- Jewellery should be removed and long hair should be tied back.

A water bottle is recommended and can be refilled at water fountains around the venue.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm up game
  - Skills practice
  - Fun game/small-side game
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Progression through our classes are mostly based on age, but can also be based on competency completion.
- We follow Basketball Scotland session and ratio guidelines.
- All of our coaches are experienced and fully-qualified.

MAIN MENU

CLIMBING

- Your child should wear appropriate attire for climbing – any clothing which doesn't restrict movement and can be worn with a climbing harness. No skirts, kilts or dresses.
- Please be aware that the climbing arena can get very cold in winter so please dress accordingly.
- Children should arrive at the venue already changed for their session.
- Long hair should be tied back and jewellery should be removed.

- A water bottle is recommended and can be refilled at water fountains around the venue.
- We will provide all the necessary equipment for climbing.

- Tell your child a bit about the class and even visit the venue beforehand:
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Coaches will meet the children for drop off and pick up at the reception area.
- All of our classes take place in a safe and encouraging environment.
- We will work through the national NICAS indoor climbing wall scheme.

MAIN MENU

DANCE

- Stretchy, comfortable clothing to be active in, eg T-shirt and shorts, tracksuit bottoms or leggings, or gymnastics leotard.
- Dance shoes or bare feet rather than socks or trainers.
- Where possible, participants should arrive to the venue ready for their activity.
- Jewellery should be removed and long hair should be tied back.

NOTE: crop tops, jeans, dresses or skirts are not suitable.

A water bottle is recommended and can be refilled at water fountains around the venue.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Register
  - Warm Up
  - Flexibility and dance conditioning
  - A variety of dance skills and styles
  - Cool Down and summary
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

New things can be scary! If your child is unsure, then speak to the coaches at the start of class and be ready to try suggestions and advice from them as they have lots of experience and great tips to get children involved and having fun.

MAIN MENU

DIVING

- Swimwear is required for pool sessions and shorts and T-shirt for dryland sessions.
- Jewellery should be removed and long hair should be tied back.

- A water bottle is recommended and can be refilled at water fountains around the venue.
- For the preschool classes, adults are welcome to wait close by in a designated section in the Clambers soft play area.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - A chance to practise skills from the poolside, 1 metre and 3metre diving boards
  - Please speak to the coach if a child is nervous about a skill. This is normal and our coaches are trained to simplify skills and help divers build up their confidence
  - Please swim straight into the side after completing a dive
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Our lesson programme follows the Scottish Swimming Framework pathway.
- We run 'squad trial' sessions 2-3 times a year in conjunction with Edinburgh Diving club for divers in dive skills 3 and 4. Your coach will give you more information about this.

MAIN MENU

FOOTBALL

- Shorts, t-shirts and jogging bottoms. Children can wear any comfortable loose-fitting clothing.
- Children should wear suitable indoor trainers. We do not recommend plimsole-style shoes as they don't provide adequate grip.
- Jewellery should be removed and long hair should be tied back.

A water bottle is recommended and can be refilled at water fountains around the venue.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm up game
  - Skills practice
  - Fun game/small-side game
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Progression through our classes are mostly based on age, but can also be based on competency completion.
- We follow Scottish Football Association session and ratio guidelines.
- All of our coaches are experienced and fully-qualified.

MAIN MENU

GOLF

- Shorts, t-shirts and jogging bottoms. Children can wear any comfortable loose-fitting clothing. Please ensure clothing is weather appropriate as sessions may take place indoors or outdoors depending on conditions.
- Children should wear suitable trainers. We do not recommend plimsole-style shoes as they don't provide adequate grip.
- Jewellery should be removed and long hair should be tied back.

A water bottle is recommended and can be refilled at water fountains around the venue.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm up game
  - Skills practice
  - Fun game/small-side game
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are joining the 3-5 class.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Progression through our classes are mostly based on age, but can also be based on competency completion.
- We follow Scottish Golf curriculum and ratio guidelines.
- All of our coaches are experienced and fully-qualified.

MAIN MENU

GYM NIPPERS

- Stretchy, comfortable clothing to be active in, eg T-shirt and shorts, tracksuit bottoms or leggings, or gymnastics leotard.
- Gymnasts take part in the lessons in bare feet.
- Jewellery should be removed and long hair should be tied back.

NOTE: crop tops, jeans, dresses or skirts are not suitable.

- Participants should bring a water bottle with them.
- Bring an adult:
  - **For Baby Nippers and 18 months - 3 years classes** - an accompanying adult is required in the class and must be able to take part, assisting the child in all activities.
  - **For 3 - 5 yrs** - Parents/carers of these independent preschoolers must remain in the venue throughout the class and may be called upon during the session if needed.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm Up (usually to music)
  - Standing and sitting stretch
  - A chance to experience, explore and learn on the large apparatus
  - Cool Down and goodbye
- If joining 3-5 class, let them know they will be in on their own, but you are still in building.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared. **Please note if your child has Down's Syndrome, Dwarfism or partially detached retina, there are forms and permissions required before taking part. Please use the venue email listed in this document to make us aware if this applies to you.**

Can 1 adult attend with 2 children in the 18 months - 3 years class?

Yes! We recommend a ratio of 1 adult per child as physical support is needed for some skills however we know there are times when 1 adult to 2 children is necessary, e.g. with multiples, siblings of close age, a childminder with 2 charges or a grandparent with 2 grandchildren/cousins. Please speak to the class Coach to make them aware. They will help as much as possible however overall class management and supervision is their priority. Close supervision of both children by their adult is essential at all times.

MAIN MENU

GYMNASTICS

- Stretchy, comfortable clothing to be active in, eg T-shirt and shorts, tracksuit bottoms or leggings, or gymnastics leotard.
- Gymnasts take part in the lessons in bare feet.
- Jewellery should be removed and long hair should be tied back.

NOTE: crop tops, jeans, dresses or skirts are not suitable.

Participants should bring a water bottle with them.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Register
  - Warm Up activity or game
  - Stretch
  - Into smaller groups to work with a coach on large apparatus
  - Cool Down and summary
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared. **Please note if your child has Down's Syndrome, Dwarfism or partially detached retina, there are forms and permissions required before taking part. Please use the venue email listed in this document to make us aware if this applies to you.**

New things can be scary! If your child is unsure, then speak to the coaches at the start of class and be ready to try suggestions and advice from them as they have lots of experience and great tips to get children involved and having fun.

MAIN MENU

JUDO

- Stretchy, comfortable clothing to be active in, eg T-shirt and shorts, tracksuit bottoms or leggings, or gymnastics leotard
- Gis (martial arts uniforms) can be purchased through the coach, or via online retailers. We recommend trying the class for a few weeks before purchasing a gi.

NOTE: crop tops, jeans, dresses or skirts are not suitable.

- A water bottle is recommended and can be refilled at water fountains around the venue.
- All sport-specific equipment will be provided.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm up game/dynamic stretches
  - Skills practice
  - - Grappling practice/match
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- We follow Judo Scotland's belt grading system.
- The participant will be assessed 3 to 4 times a year via Judo Scotland assessments.

MAIN MENU

MULTI-SPORTS

- Shorts, t-shirts and jogging bottoms. Children can wear any comfortable loose-fitting clothing.
- Children should wear suitable indoor trainers. We do not recommend plimsole-style shoes as they don't provide adequate grip.
- Jewellery should be removed and long hair should be tied back.

A water bottle is recommended and can be refilled at water fountains around the venue.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm up game
  - Skills practice
  - Fun game/small-side game
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Progression through our classes are mostly based on age, but can also be based on competency completion.
- We follow Scottish Football Association session and ratio guidelines.
- All of our coaches are experienced and fully-qualified.

MAIN MENU

NETBALL

- Shorts, t-shirts and jogging bottoms. Children can wear any comfortable loose-fitting clothing.
- Children should wear suitable indoor trainers. We do not recommend plimsole-style shoes as they don't provide adequate grip.
- Jewellery should be removed and long hair should be tied back.

A water bottle is recommended and can be refilled at water fountains around the venue.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm up game
  - Skills practice
  - Fun game/small-side game
  - Cool Down and goodbye/debrief
- Let them know that you will still be in the building if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Progression through our classes are mostly based on age, but can also be based on competency completion.
- We follow Netball Scotland session and ratio guidelines.
- All of our coaches are experienced and fully-qualified.

MAIN MENU

SWIM PRE-SCHOOL

- Appropriate swimwear. Young children may find the water a bit chilly so long-sleeved swimming costumes or neoprene can be a good option.
- For our Swim Baby, Swim Toddler and Swim Nipper classes, an adult must be in the water along with your child. Adults should also wear appropriate swim wear.

- Participants may bring their own armbands from home, but we do not permit use of other swimming aids such e.g. life vests or SwimFins.
- Edinburgh Leisure will provide all necessary swimming aids for your lesson, so don't worry if you don't have your own arm bands.
- Bring an adult:
  - **For Swim Baby, Swim Toddler and Swim Nipper classes** - an accompanying adult is required in the water and must be able to take part, assisting the child in all activities. The accompanying adult does not need to be able to swim as the lesson will take place in shallow water.
  - **For Pre-school 3.5 - 5 yrs** - Parents/carers of these independent pre-schoolers must remain in the venue throughout the class and may be called upon during the session if needed.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm Up
  - The swimming lesson may include toys, games, songs and lots of splashy fun
  - Cool Down and goodbye
- If joining 3.5 - 5 class, let them know they will be in on their own, but you are still in the building.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

Can 1 adult attend with 2 children in the Adult and Child classes?

Unfortunately, no – for safety reasons every child must be accompanied by an adult. There may be some circumstances where two adults can accompany one child into the water but please check with your venue first as this is dependant on the class size, available space, and a number of other factors.

MAIN MENU

SWIMMING (P1+)

- Appropriate swimwear. Young children may find the water a bit chilly so long-sleeved swimming costumes or neoprene can be a good option.

IMPORTANT SAFETY INFO:

- Swim wear should not be too long or oversized as this can hinder children while swimming. Please check with your venue if you're unsure if a swimming costume is suitable.
- Please remove all jewellery prior to their lesson.
- Long hair should be tied back away from eyes.

- Participants may bring their own armbands from home, but we do not permit the use of other swimming aids such e.g. life vests or SwimFins.
- Edinburgh Leisure will provide all necessary swimming aids for your lesson, so don't worry if you don't have your own arm bands.
- If you have swimming goggles, bring them along. Some swimming pools may have a small supply of spare goggles, but this is not guaranteed.
- You do not need to wear a swimming cap but they can protect hair from chlorine.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm Up
  - The swimming lesson may include the use of equipment, games and other learning tools to make swimming fun
  - Cool Down and goodbye
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

Can I leave the building during my child's lesson?

If your child is under 9 years old you must stay in the building during their lesson. This means we can reach you if there are any issues during their lesson. You are welcome to use the EL facilities while you wait as long as you make the teacher aware.

MAIN MENU

TENNIS

- Children can wear any comfortable loose-fitting clothing.
- Please note that clothing should be weather appropriate for sessions at Meadows Tennis as these classes take place outside.
- Children should wear suitable trainers. We **do not** recommend plimsole-style shoes as they don't provide adequate grip.
- Jewellery should be removed and long hair should be tied back.

- A water bottle is recommended.
- You are welcome to bring your own racket but we have rackets available for use as well.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Hello and register
  - Warm up game
  - Skills practice
  - Fun game
  - Cool Down and goodbye/debrief
- Let them know that you will still be nearby if they are under 9.
- Be ready to try suggestions and advice from the coaches as they have lots of experience and great tips to get children involved and having fun.
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared.

- Progression through our classes are primarily based on age, but can also be based on experience.
- We follow session and ratio guidelines laid out by Lawn Tennis Association guidelines.
- All of our coaches are experienced and fully-qualified.

MAIN MENU

TRAMPOLINING

- Stretchy, comfortable clothing to be active in, e.g. t-shirt and shorts, tracksuit bottoms or leggings, or gymnastics leotard.
- Trampolinists take part in the lessons in socks.
- Jewellery should be removed and long hair should be tied back.

NOTE: crop tops, jeans, dresses or skirts are not suitable.

IMPORTANT SAFETY INFO:

- No zips or buttons as these get caught on the trampoline bed.
- No hoodies as this obscures vision when bouncing.
- Close-fitting socks must be worn – don't forget to bring them even in summer.

Participants should bring a water bottle with them.

- Tell your child a bit about the class and even visit the venue beforehand. The class structure may look something like this:
  - Register
  - Warm Up bounce
  - Take turns at bouncing under instruction from coaches
  - While not bouncing you may be spotting/observing or doing some strength and flexibility exercises on the matted area to improve your skills.
  - Cool Down and summary
- Make it routine to visit the toilet before class starts.
- Make sure you let us know of any medical conditions before the first class, so the coaches are informed and prepared. **Please note if your child has Down's Syndrome, there are forms and permissions required before taking part. If your child has Dwarfism or partially detached retina, they will not be able to take part due high risk of permanent injury. Please use the venue email listed in this document to make us aware if this applies to you.**

New things can be scary! If your child is unsure, then speak to the coaches at the start of class and be ready to try suggestions and advice from them as they have lots of experience and great tips to get children involved and having fun.

MAIN MENU