

IMPACT FREQUENTLY QUESTIONS

CAN MY CHILD TRY A CLASS BEFORE COMMITTING TO A MEMBERSHIP?



Yes of course, they very welcome to come and join us for a class two if need be. You and they can have a chat with the coaches about the rest of the membership program before committing and we encourage a three way dialogue to make sure we are meeting the athletes needs. You can book a free trial [here](#).

IM NOT SURE WHICH AGE GROUP MY YOUNG PERSON SHOULD JOIN



The age groups are a guide only and there are a number of factors that dictate which group is best for which athlete. This decision is best taken by you and your young person in the first instance and with some input from your coach as we get to know them. In the first instance we suggest you make the way they are likely to feel the most important factor. We can manage most physical limitations and abilities in either class but they might feel silly if they are a very mature 12 and in the younger group? Or maybe they find older teenagers a bit intimidating and even though they are 13 the younger group would suit them better. We will initially take the lead from you then advise accordingly as we get to know them. If you still aren't sure, please contact us.

DO I HAVE TO JOIN THE WHATSAPP GROUP?



Not at all, it's totally your choice. We suggest you mute notifications and catch up in your own time as these groups can be busy at times. We do use these groups to share interesting information/videos for the athletes and also practical information for whoever is organising the athlete's timetable but anything vital will also be sent out by email.

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IS THERE PARKING ON SITE?



Yes, you need to enter the Imber Court site by the REAR entrance, turn left at the mini roundabout and go as far as you can. You can park beside the rugby pitch on the left once you can see the rugby stand or park behind the stand. There is plenty of parking.

DOES A PARENT OR CARER NEED TO STAY ON SITE

We ask that at least initially, as we get to know your young person that a parent or carer stays on site. This may change as we get to know them.



There is a coffee shop at the gym that is currently open in the mornings and we have a paid Nespresso (£2 Nespresso £1 for tea and instant coffee) machine and tea facilities if there is time for you to make one before we start class. There is some outdoor seating where you can see through the doors to watch your young person. We do ask that you don't stand at the doors for the sake of the other participants (unless otherwise arranged for the support of your young person) but generally you will be able to peak in to see what they are up to. Parking next to our entrance or overflow a hundred yards away.

DOES THE PARTICIPANT NEED TO BE FIT & STRONG BEFORE STARTING?



No, Functional Fitness is suitable for all levels and all moves are designed to be scalable, meaning for every move there are versions that everyone can do and versions that can challenge the strongest of athletes - the coach will find the right version for your young person. It won't matter if the person next to them is experienced and fitter, they can complete the class at their own level.

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MY YOUNG PERSON HAS SOME HEALTH AND WELLNESS ISSUES - CAN THEY STILL COME?



With thorough regular input from you and occasionally a note or conversation with their doctor or physio, we can manage most conditions. The majority of issues can only be improved by movement, but we do want to make sure they are safe. We ask you to complete a wellness screening form on their behalf before coming and ask you and the athlete to keep in touch with us consistently about their wellbeing. The coach will be able to adapt the programme to suit most needs.

WE STILL AREN'T SURE



We recognise that for many young people just getting to the door is hugely challenging and they may have had to dig deep just to turn up. We never see attending and not participating as a failure - in fact any type of attendance is cause for celebration and we maintain a positive and pressure free approach. Rather than instructing or 'encouraging' which can seem like another demand to many young people, we 'invite' our athletes to participate in whatever they feel able to. We also recognise that it may take some considerable time for a young person to really relax and trust in us. We take our time and are willing to be patient - we know this gets the best long term results. We request the same approach from our parents - we know you are paying for the sessions and want to see your child make positive steps in their strength and fitness, but we know that putting in strong foundations of confidence and trust gives the best chance of building strong bodies and minds. We all need to be patient and move at the pace of the athlete.

If you have any other questions please contact us at
peter@thefitnessstudio.co.uk or info@thefitnessstudio.co.uk