



## Frequently asked questions

### **Can I have a free Try Out Session?**

Yes, we offer a free try out session so that you can come along with no obligation to take part in a class of your choice and to try out the facilities.

### **Where can I park?**

Before 5.30pm there is plenty of off road parking on Beech Avenue. After 5.30pm we can use the car parking spaces on the business park. Please avoid parking in front of blue shutters.

### **Are you open bank holidays?**

No, the gym is closed on bank holidays. The bank holiday closures are taken into account with the monthly fees. To avoid missing out and to make sure members get value for money, they are encouraged to come along to an additional class when they miss one due to a bank holiday.

### **What happens if I miss a class?**

You can attend any other class that week instead. This helps to maintain your skills if you can't make it on your usual day.

### **How much does it cost?**

For Little Lions and Little Dragons it costs from £25 per school half term  
For Warrior Dragons, Kung Fu, Tai Chi & Kickboxing it costs from £24 per month

### **Can you pay as you go?**

Not normally, we reserve the class places for our members. If there are any spaces left then we will give the option of paying as you go, £5 for under 11's & family classes and £7 for over 11's & adult classes. In short members get priority access to classes

### **What is the advantage of paying in advance by standing order?**

If you pay in advance by standing order your grading fees are half price. If you sign up for multi-use unlimited classes, then Gradings are FREE OF CHARGE.

### **Do you have a waiting list?**

Some classes can be full so please enquire via the details below to check spaces.

### **What do I wear?**

All students to look professional and wear the appropriate club uniform which can be purchased at reception or on our website [www.nccma.co.uk](http://www.nccma.co.uk). For your first visit, wear tracksuit bottoms, t-shirt and indoor gym shoes (not trainers) or barefoot.

### **Do I need insurance?**

Yes we ask that all of our members obtain appropriate sports insurance.

### **I have an illness or injury can I still train?**

No. You must have the approval of your GP before you take part in any class.

### **Can family members watch?**

Yes we have a break out area with drinks and snacks. Anyone can come along to support you and watch from the viewing gallery.

**How do I grade?**

For Little Lions and Little Dragons, we grade on the last week of the half term. We also have the option of merit badges, which can be worked for in between the Gradings to keep up motivation! For adults we grade 4 times a year on Saturday mornings. Please check dates at reception. You must book your place and pay for the grading at least one week before the Gradings take place.

**How do we contact you?**

Either email us at [mail@nccma.co.uk](mailto:mail@nccma.co.uk) or call us on 01423 545 662 / 07932 305 498 / 07947 352 529. If we are teaching and cannot answer the phone please leave a message or text us and we will call you back - or follow us on Facebook!