

# YMCA GYMNASTICS

HANDBOOK



A black and white photograph of a young child with their hands raised, covered in white chalk. The child is looking directly at the camera with a slight smile. The photo is positioned on the right side of the page, partially overlapping the white diagonal shape.

## YMCA Gymnastics offers recreational and competitive gymnastics and trampoline classes for children and teens of all skill levels.

YMCA Gymnastics caters for toddlers right through to Australian National Levels representatives. We provide an environment that is safe, fun and challenging for anyone at any stage.

Our specialised gymnastic programs encourage children to develop confidence, coordination, creativity and discipline – all at their own pace.

YMCA Gymnastics is an affiliated Gymnastics South Australia Club with high standards of quality and safety, and a professional attitude.

We focus on basic developmental stages (including balance, coordination, flexibility and strength) and preparing the body, mind and spirit for many challenges in life.

We're delighted to have you as part of our community and we look forward to working together to help you and your family live happier, healthier and more connected lives.

## PRESCHOOL PROGRAMS

### KINDERGYM (1Y – 5Y)

A semi-structured, parent guided play based session introducing children to fundamental movement skills. With a focus on fun, movement and participation, Kindergym is the perfect foundation program for children to lead an active and healthy life full of sport and recreation.

**Age Group:** 1Y – 5Y (Under 1Y FREE)

**When:** View class schedule & register online

**Parent Involvement:** Yes

### MINI GYM (4Y – 5Y)

A structured gymnastics class specifically designed for pre-schoolers aged 4-5 years old. Participants develop strength, balance, flexibility, coordination and posture, while learning fundamental gymnastics skills in a mixed gender, small group setting.

**Age Group:** 4Y – 5Y

**When:** View class schedule & register online

**Ratios:** 1:10

**Parent Involvement:** No

### ACTION GYM

Drawing on influences from acrobatics, parkour and dance, Action Gym introduces participants to traditional gymnastics equipment in new ways. Games, obstacles and challenges build upon fundamental movement skills, combining elements of effort, space and time when performing movement sequences and challenges with and without equipment. This class is perfect for the budding gymnast or ninja warrior!

**Age Group:** 4Y – 5Y, 5Y+

**When:** View class schedule & register online

**Ratios:** 1:10

**Parent Involvement:** No

# RECREATIONAL GYMNASTICS

Designed for participants with varying abilities, STAGES 1 - 5 introduce students to fundamental gymnastic skills in an environment that is safe, fun and focused on participation. Students develop skills of body control, coordination and self-confidence – a great foundation for competitive gymnastics and an ongoing active lifestyle. Students will be introduced to gymnastic apparatus including the floor, vault, beam, bars, rings and trampoline.

## STAGE 1 (5Y - 7Y)

An introductory gymnastics class with a focus on fun, physical activity and exploration of gymnastic fundamentals. STAGE 1 is designed for participants new to gymnastics and those progressing from Mini Gymnastics and Action Gym.

**Age Group:** 5Y -7Y  
**When:** View class schedule & register online  
**Ratios:** 1:10  
**Prerequisite:** Beginners new to gymnastics, under 7Y  
**Length/Frequency:** 60 minute, 1X/week  
**Payment:** Direct debit

## STAGE 2 (7Y+)

A beginner gymnastics class building on STAGE 1 or for those new to gymnastics over the age of 7. STAGE 2 introduces basic gymnastic skills and routines in a fun and inclusive environment.

**Age Group:** 7Y+  
**When:** View class schedule & register online  
**Ratios:** 1:10  
**Prerequisite:** Beginners new to gymnastics, over 7Y  
**Length/Duration:** 60 minute, 1X/week  
**Payment:** Direct debit

## STAGE 3 (5Y+)

Students progressing from STAGE 1 or STAGE 2 will start to develop upon the skills they have previously learnt while introducing new skills and routines. The students will be challenged in a fun and safe environment, including encouraged participation in non-competitive Gymnastics For All (GFA) Challenges to showcase their skills and routines.

**Age Group:** 5Y+  
**When:** View class schedule & register online  
**Ratios:** 1:10  
**Prerequisite:** Completion of STAGE 1 & 2  
**Length/Duration:** 60 minute, 1X/week  
**Payment:** Direct debit, \$14/session

## STAGE 4 (7Y+)

This class is designed for those looking to take the next step in learning harder and more technically challenging skills and routines – this is where becoming a 'gymnast' really starts to take shape. STAGE 4 equips students with the skills to transition to the competitive program

pending interest, capability and motivation. Students in STAGE 4 are encouraged to participate in non-competitive Gymnastics For All (GFA) Challenges to showcase their skills and routines.

**Age Group:** 7Y+  
**When:** View class schedule & register online  
**Ratios:** 1:10  
**Prerequisite:** Completion of STAGE 3  
**Length:** 90 min weekday sessions, 60 minute Saturday sessions  
**Frequency:** Optional participation in more than 1 class per week  
**Payment:** Direct debit, \$14 for 60 min, \$16 for 90 min

## STAGE 5 (7Y+)

As a progression from STAGE 4, STAGE 5 is designed to provide the next level of challenge and skill progression. Students learn harder and higher quality skills and routines. Students in this class may also have the opportunity to transition across to the competitive program if there is interest, motivation and commitment. Students in STAGE 5 are encouraged to participate in non-competitive Gymnastics For All (GFA) Challenges to showcase their skills and routines.

**Age Group:** 7Y+  
**When:** View class schedule & register online  
**Ratios:** 1:10  
**Prerequisite:** Completion of STAGE 4  
**Length:** 90 min weekday sessions, 60 minute Saturday sessions  
**Frequency:** Encouraged participation in more than 1 class per week  
**Payment:** Direct debit, \$14 for 60 min, \$16 for 90 min

## TEAM GYM

Combining parts of tumbling, mini tramp and dance to create an exciting team competition event. You get to flip, roll, jump and dance with your friends. Team Gym performances demonstrate effective team work, good technique and spectacular acrobatic skills.

# COMPETITIVE GYMNASTICS

Our competitive program provides an opportunity for students who wish to train and compete in the Australian National Levels Program at local, regional and national events. Competition squads require an increased level of commitment from the gymnast and their families. Gymnasts are required to attend set training hours every week, and must be available for competitions on weekends.

# TRAMPOLINING

Athletes perform a series of aerial skills without interruption or pause between each skill. Beginner, intermediate and advanced classes are available and students will be placed in to classes depending on the student's ability and age.

## Start Times

Gymnasts should arrive 5 minutes before the start of their class. If members are more than 5 minutes late they may be refused entry as they have missed a valuable part of the session which includes warm up and stretching.

## End of Session

Children must be picked up from inside the Centre by the responsible person with consent. If you have arranged for someone else to pick up your child, please contact the Customer Service.

## What to Bring

Please ensure your child brings a bag and water bottle to every session. Items such as jackets, shoes etc can be placed inside the bag. Children booked into classes of two or more hours in duration are encouraged to bring a healthy nut and seed free snack to enjoy during a 5 minute break.

## Safety

The safety of gymnasts, siblings and parents is of primary concern to the YMCA. Gymnasts MUST wait for the coach to begin the session. Accidents occur when children play before their training session commences or after sessions have concluded. Please take the time to read the 'Rules of the Gym' overleaf with your child. Participants must obey the coaches instructions at all times to ensure their own safety and the safety of others.

Children involved in a competitive gym sport should only train at training times allocated as per their level.

## Siblings

Siblings must be supervised by parents at all times and are not allowed on equipment.

## What to Wear

All clothing should be tight fitting, but not restrictive. Hair must be tied back and no jewellery is preferred.

Recreational athletes are encouraged to wear the YMCA Club t-shirt, or a gymnastics/ dance leotard with bike shorts or leggings.

Competition classes:

- Competition/training leotard
- Bike shorts
- Crop top
- Longs or shorts
- Singlet

Trampoline classes:

- White socks
- Club polo
- Competition / training leotard
- Black bike shorts or leggings
- Singlet or t-shirt

### UNSUITABLE CLOTHING INCLUDES:

- Baggy clothes
- Hoodies
- Denim
- Skirts
- School uniform
- Zippers & buttons
- Belts

## Footwear

All children must wear shoes to and from sessions. Shoes will not be worn during the session or on the blue floor. Clean socks must be brought along by all participants and



- Head lice
- Gastro
- Cough and cold

## Parent / Guardian Attendance

Families are welcome to stay during their child's class, however, please be aware there is limited space for spectators. Things to consider when deciding whether to stay for your child's session:

- Can my child attend to their own toilet needs?
- Have I notified staff of any allergies or medical conditions?
- Are my contact details up to date in case of an emergency?

## Rules in the Gym

- Always arrive 5 minutes before your class
- Do not step onto the gym floor until your class has begun and you have been instructed to do so
- Only children booked in are to participate in the activities
- Parents and children not involved in the class must stay in the viewing area and off the equipment at all times

worn when using the trampoline. Have these packed into your gym bag and your coach will let you know when it is suitable to wear them.

## Lost Clothing

Please ensure that your child's property is clearly named. Unclaimed items will be disposed of at the end of each month. Notify Customer Service staff if you require access to lost property to collect items left behind from the previous week. For hygiene reasons, dirty socks will be thrown out if left behind and not claimed.

## Medical Conditions

For safety and protection of our members, gymnasts with the following conditions will not be allowed to participate in gymnastics classes:

- Influenza
- Chicken pox or any infectious disease

- Parents are responsible for the supervision and safety of children not involved in classes
- No jewellery or watches are to be worn while training
- Loose clothing, shoes, bags and drinks are to be left in the lockers provided
- Hair is to be tied back at all times – no butterfly clips or hard headbands
- No food, drink or gum is to be taken onto the gym floor
- All injuries must be reported to your coach prior to training
- When waiting for your class please keep noise to a minimum
- Follow all instructions given by your coach (important for safety!)
- No running in the gym
- Leave the gym floor orderly and as soon as your class has finished watching for classes still in progress

## KINDERGYM RULES

- All children and parent/guardians must have bare feet while on the gym floor and equipment
- Clean socks must be worn at all times when on the large trampoline
- Parent / guardians must be within arms reach of their child at all times
- Please refrain from using mobile phones while the class is in session
- Food and drink is not allowed on the gym floor or equipment
- One person at a time on the large trampoline
- Please wear suitable clothing that does not consist of stockings, buckles, jewelry, or anything that constricts movement.

Failure to obey these rules may lead to exclusion from activity. Please go through these rules with your child to ensure you are both aware of them.

## Injury Clearance Policy

In cases where serious injury or sickness has occurred, an injury clearance must be obtained from an accredited physiotherapist or relevant doctor /specialist prior to the athlete returning to training.

The injury clearance must be handed to the Program Coordinator who will give authority for the athlete to commence training at the level that has been suggested by the clearance.

Training will not recommence until the club receives this document and no exceptions will be made.

## Absences

Please call Customer Service if your child is going to be absent. You will be charged for a missed lesson unless a suspension request has been processed a fortnight in advance, or a medical certificate is provided.

*NB: Makeup classes are not accepted as all programs are fully booked.*

## Family Details

Please keep family details up to date so our staff are able to reach members at all times. This can be done via a request form that is available at the front desk.

We require a contact phone number, reliable postal address and email address as multiple forms of contact are used.

When paying via direct debit, it is important to keep your account details up to date and inform us of any changes and expired or misplaced credit cards. This is to

prevent account difficulties and payment rejection fees.

## Fee Payment

Program fees are paid via direct debit fortnightly payments. Any changes made to your direct debit details require signed authorisation via the request form.

You will be notified of any bulk price increases in writing at least 4 weeks in advance. Only Kindergym programs offer casual class rates and must be booked and paid in advance. Rejected direct debits will incur a \$15 administration fee.

## Annual / Semester Registration Fee:

This registration fee includes the affiliation fee with Gym SA and Sports Insurance. It is important this fee is paid in full prior to your child's first class. Once the fee is paid, the member will receive a Gym SA Membership card.

Pre-school programs (Under 5)	\$ 29.50 / semester
After school programs	\$59 / calendar year

## Suspensions

All Direct Debit memberships are entitled to up to 4 weeks suspension (equivalent to four lessons) per calendar year. A request for suspension must be provided in writing 2 weeks prior to the lesson in which you wish to suspend. Please complete a request form available at Customer Service. Suspension will not be accepted verbally or if submitted after the two week cut off.

Medical Credits - All members will be credited for medical reasons, upon receipt of a signed and completed request form with a valid medical certificate attached. The next direct debit will be adjusted accordingly.

## Cancelling Membership

Direct Debit enrolments can be cancelled at any time throughout the year. We require a 14 day notice period from the date of your returned cancellation form. Cancellation of memberships must be completed in writing.

## Changing your Class

If you wish to change your child's class or level please speak directly to the Program Coordinator. We will do our best to accommodate your request, however, classes are subject to availability.



## Holiday Break

YMCA Gymnastics has a four week break over the Christmas and New Year period. Classes will run until the third Sunday in December and recommence the third Monday in January. Classes will continue for 48 weeks of the year, operating through school term holidays. The centre is closed on all SA public holidays and fees are automatically adjusted accordingly.

## Hot Weather Policy

The Centre is equipped with air-conditioning and heating, however if the internal temperature is 36 degrees or above with the air conditioner running classes will be cancelled. Families will be notified as early as possible, and fees will be adjusted accordingly.

## Parents Code of Behavior

Please remember:

- Children participate in sport for their own enjoyment.
- Encourage children to participate in sport rather than force them.
- Focus on your child's individual efforts, not on winning.
- Mistakes are part of your child's learning process and is important for their development.
- Always encourage your child to respect their coach and official, including any decisions they make.
- Children learn best by example; appreciate good performances and treat other athletes with respect.
- Show appreciation for all coaches, judges and administrators – without them your child could not participate.
- Ensure you know the 'Rules of the Gym' and teach them to your child.

## Communication

Positive communication is essential between the participants, his or her family, the coach and the club.

We will do our best to keep you informed of:

- Upcoming events, especially competitions, display days, fundraisers and other relevant information
- Any injuries obtained during training and the treatment given to your child.
- Your child's development and progress.

Please note that with many members enrolled in our programs, it is difficult to communicate individually to everyone. Bulk communication is used on a regular basis so please ensure you are checking your emails and our Facebook page on a regular basis to stay updated.

It's your responsibility to inform us:

- Of any problems your child may be having
- If there's been a change to your personal or account details
- If your child is going to be absent from a class for any given reason

## Photography

The YMCA welcomes capturing your child's magic moments, however privacy of others must be respected. The use of cameras and video cameras is conditional on having consent from all relevant individuals, including agreement on where and how the photos will be used. Upon enrolment, a photo release form requests permission for YMCA approved staff to use photography for a variety of purposes including, but not limited to social media, promotional materials and staff training.

## Assessments

As part of the 48 week program, students will be assessed and grouped according to their levels. Students undergo ongoing assessments and progress through the levels as they improve. Certificates will be presented to children upon Stage completion, and the Program Coordinator will be in touch to confirm your child's new level and session time.

## Safeguarding Young & Vulnerable People

At the YMCA we consider the safety and wellbeing of children and other vulnerable people to be our highest priority.

YMCA South Australia strives for an inclusive society where all children and other vulnerable people have the right to develop and reach his or her potential in an environment that is caring, nurturing and safe.

We are committed to providing a safe, happy and healthy environment free from abuse, harm and neglect.

At YMCA South Australia, we have developed the right policies and procedures and a culture of safety from recruitment, induction to training and reporting to ensure every child or vulnerable person in our care is safe.

*YMCA South Australia is accredited with the Australian Childhood Foundation as a child safe organisation.*



[sa.ymca.org.au/gymnastics](http://sa.ymca.org.au/gymnastics)

