



YMCA GYMNASTICS HANDBOOK



YMCA GYMNASTICS

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 Program with **high standards of quality and safety**, and a **professional attitude**. We operate out of two locations, with a centre in Glengowrie and one in Seaford.

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**.

We help your family li

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

PARENT INVOLVEMENT: Yes

LOCATION: Glengowrie and Seaford

WHEN: View class schedule & register online

PAYMENT: Direct debit, paid fortnightly

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

PARENT INVOLVEMENT: No

LOCATION: Glengowrie and Seaford

WHEN: View class schedule & register online

PAYMENT: Direct debit, paid fortnightly

SPECIALTY PROGRAMS

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 GROUPS: Beginner and Intermediate, suitable age 5+

PARENT INVOLVEMENT: No

RATIOS: 1:10

LOCATION: Glengowrie and Seaford

WHEN: View class schedule & register online

PAYMENT: Direct debit, paid fortnightly

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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

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 Gym.

AGE GROUP: Suitable for 5Y- 8Y

LOCATION: Glengowrie and Seaford

WHEN: View class schedule & register online

RATIOS: 1:10

PREREQUISITE: Beginners new to gymnastics

LENGTH/FREQUENCY: 60 minutes, 1X/week

PAYMENT: Direct debit, paid fortnightly

STAGE 2

A beginner gymnastics class building on STAGE 1, introducing basic gymnastic skills and routines in a fun and inclusive environment.

AGE GROUP: Average age 7.8

LOCATION: Glengowrie and Seaford

WHEN: View class schedule & register online

RATIOS: 1:10

PREREQUISITE: Graduated from Stage 1 or Beginners 9Y+

LENGTH/FREQUENCY: 60 minutes, 1X/week

PAYMENT: Direct debit, paid fortnightly

STAGE 3

Students progressing from 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: Average age 8.9

LOCATION: Glengowrie and Seaford

WHEN: View class schedule & register online

RATIOS: 1:10

PREREQUISITE: Graduated from Stage 2

LENGTH/DURATION: 60 minute, 1X/week

PAYMENT: Direct debit, paid fortnightly

STAGE 4

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: Average age 10.3

LOCATION: Glengowrie and Seaford

WHEN: View class schedule & register online

RATIOS: 1:10

PREREQUISITE: Graduated from Stage 3

LENGTH/FREQUENCY: 90 minutes, optional participation in more than 1 class per week

PAYMENT: Direct debit, paid fortnightly

STAGE 5

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: Average age 11.4

LOCATION: Glengowrie and Seaford

WHEN: View class schedule & register online

RATIOS: 1:10

PREREQUISITE: Graduated from Stage 4

LENGTH/FREQUENCY: 90 minutes, encouraged participation in more than 1 class per week

PAYMENT: Direct debit, paid fortnightly

TEAM GYM

Team Gym combines parts of tumbling, acrobatics, mini tramp and dance to create an exciting team competition event. Performances demonstrate effective team work, good technique and spectacular acrobatic skills.

LOCATION: Glengowrie and Seaford

Please contact your centre directly, as program differs across sites.

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.

LOCATION: Glengowrie

By invitation only. Please enquire if your child is interested in competitive gymnastics.

TRAMPOLINING

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

LOCATION: Glengowrie

LEVELS: Beginner and Intermediate

POLICIES



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 Program t-shirt, or a gymnastics/dance leotard with bike shorts or leggings

Competition classes:

- » Competition/training leotard
- » Black bike shorts / leggings
- » Longs or shorts

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 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 / COVID-19
- » Chicken pox or any infectious disease
- » 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
- » Parents are responsible for the supervision and safety of children not involved in classes
- » No jewellery or watches are to be worn while training
- » 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 not wear shoes 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, jewellery, 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 program receives this document and no exceptions will be made.

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

All membership/program fees are paid via direct debit. If the payment is rejected/fails there is a \$15 rejection fee added to your account. We reserve the right to debit your account to pay any outstanding balances.

You will be notified of any bulk price increases in writing at least 4 weeks in advance.

GYMNASTICS SA FEES

We are a Gymnastics SA affiliated program, hence all students must pay Gymnastics SA fees. These fees may be charged upfront at time of enrolment (or shortly after) and will be automatically charged to your account on an annual basis (calendar year).

Check your Centre website for Gym SA registration fees and site specific levies.

SUSPENSIONS

All students are entitled up to 4 weeks suspension per calendar year. If notice in writing is provided two weeks in advance you will not be charged for the classes during the requested suspension.



We focus on preparing the body, mind and spirit for many challenges in life.

Please note, all students are automatically placed on suspension during summer holidays (last two weeks of December, first two weeks of January).

MEDICAL ABSENCES

If you are unable to attend 2 or more consecutive lessons due to medical reasons, you may place your account on medical suspension at no charge. Medical suspensions cannot be back-dated and require a supporting medical certificate.

CANCELLING MEMBERSHIP

All programs are ongoing in nature, and fees will be debited until notice of cancellation is received. We need 14 days notice of cancellation (one more debit will be charged once notice is provided).

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 program.

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, with permission first being sought from staff and assurances that photo/video is only of your child.

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 a 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.

Our programs develop confidence, coordination, creativity and discipline.





**the Y GYMNASTICS
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