

Gymnastics provides children with a strong foundation in movement and physical preparation required in all sports and everyday life.

High Flyers recreational program for 5-12 year olds teaches children basic skills using all gymnastic apparatus. Skills are taught progressively through circuits and other activities, and assist in improving strength, flexibility, balance and co-ordination. All in a positive, fun, safe environment!



Assessments and Award Certificates

The development of each gymnast is recognised through a colours system. Gymnasts work at a level appropriate to their own ability.

In-class assessments take place towards the end of the term 2 and 4 and when competency is achieved gymnasts are awarded with a certificate to recognise their achievement, before progressing to the next level the following term. All gymnasts progress through the levels at their own pace, so those who are not yet ready to move to the next level will be awarded a 'Stepping Stone' certificate. Assessment dates will be advised at during term 2 and 4.

Once gymnasts have progressed through all colours they may move into the *Club Levels Program* where they have the opportunity to compete if they wish. Some children may be invited to join this program earlier.

White, Yellow, Orange, Purple, Green, Pink, Red, Blue, Black, Brown, Bronze, Silver, Gold



CLASS DAYS AND TIMES

DAY	COLOUR/GUIDE ONLY	AGE GUIDE	TIME
Monday	White, Yellow, Orange, Purple, Green, Pink	5-8 yrs	3.50-4.50pm
Tuesday	White, Yellow, Orange, Purple, Green, Pink	5-8 yrs	3.50-4.50pm
Tuesday	Red, Blue, Brown, Black, Bronze, Silver, Gold	9-12yrs	5-6.30pm
Wednesday	White, Yellow, Orange, Purple, Green, Pink	5-8 yrs	3.50-4.50pm
Thursday	White, Yellow, Orange, Purple, Green, Pink	5-8 yrs	3.50-4.50pm
Thursday	Red, Blue, Brown, Black, Bronze, Silver, Gold	9-12 yrs	5-6.30pm
Friday	White, Yellow, Orange, Purple, Green, Pink	5-8 yrs	3.50-4.50pm

*4 year olds turning 5 within the term may participate.

White, yellow, orange, purple, green and pink is for 5 to 8 years.

Red, blue, brown and black for 8 to 10 year olds

Bronze, silver and gold for 9 to 12 year olds.

This is a rough guide; your child will be assessed during the first lesson to make sure they are in the correct group.

Any queries please see reception or the coach after the lesson.

FEES: Term fees

1 hour class -10 week term costs \$150.00

1 ½ class - 10 week term costs \$225.00

Discounts available for more than one child and early payment.

Please see front desk for details.

Insurance and Registration 2012

Gymnastics WA insurance \$55 per calendar year.

New members one off joining fee: \$25 per person

High Flyers Club Rules

For the safety and enjoyment of all please note and adhere to the following:

- Gymnastic training area is restricted to GYMNASTS AND STAFF ONLY.
- Gymnasts must wait in the foyer area until called for their class.
- Spectators must not distract gymnasts or coaches during a class. All queries must be forwarded to reception.
- Children not participating in classes are not permitted on the equipment at any time.
- Chewing gum is not permitted in the gym.
- Food or drink is not permitted near the equipment.
- Children with long hair must have it tied away neatly from face and eyes.
- No jewellery may be worn during class - for the protection of participants and equipment.
- Parents must inform coaches of any medical conditions relating to their child.
- Gymnasts must behave appropriately and follow the rules of participation as set out by the coach. Disruptive behaviour will not be tolerated.
- Gymnasts must be collected by parents/guardians from inside the hall.
- Non-participating children remain the responsibility of the parent/guardian.

These rules apply to: Gymnasts, Parents, Guardians, Non-participating children, Coaches and Volunteers.

WHAT TO WEAR AND BRING TO GYMNASTICS...

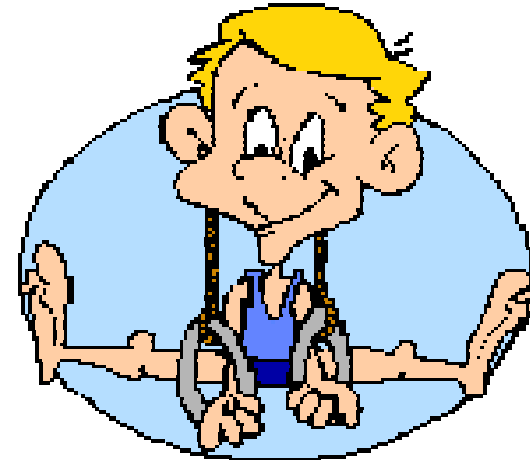
- Leotards, shorts, t-shirts and tracksuits are all suitable for gymnastics.
- Jeans, school uniforms, and clothing with buttons, belts, zippers and buckles must not be worn.
- Bring a drink of water - no fizzy drinks please.



RECREATIONAL GYMNASTICS PROGRAM

5-12 YR OLDS

GENERAL INFORMATION



29 DELLAMARTA RD, WANGARA, WA 6065
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