

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

High Flyers recreational program for 5-16 year olds teaches children basic skills using all trampoline 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! All lessons start with a 15 min stretch/warm-up on the floor and end with a 15 min session of strength on the floor.

Intermediate athletes must be able to somersault.

There are six Olympic trampolines with overhead safety rig with full safety ends and an international double mini with landing area. The pit is also available for practice.

The class sizes are 5 athletes to one trampoline with one coach.

There are up to 6 coaches during a session.

#### Assessments and Award Certificates

The development of each athlete is recognised through an award system. Athletes work at a level appropriate to their own ability.

In-class assessments take place towards the end of each term and when competency is achieved athletes are awarded with a certificate to recognise their achievement, before progressing to the next level the following term. All athletes progress through the levels at their own pace.

Once trampolinists have progressed through some awards they maybe invited to move into the *Competition Program* where they have the opportunity to compete if they wish. These are generally held from 4.45pm onwards on weekdays and on Saturdays. Some children may be invited to join this program earlier.

Lower levels competitors can stay in the recreational sessions to train.

#### CLASS DAYS AND TIMES

DAY	AGE GUIDE	TIME
Monday	5-12 yrs	3.45-5.15pm
Tuesday	5-12 yrs 8-14 yrs	3.45-5.15pm 4.45-6.45pm (Intermediate)
Wednesday	5-12yrs 12-16 yrs	3.45-5.15pm 6.30-8.30pm
Thursday	5-12 yrs 8-14 yrs	3.45-5.15pm 4.45-6.45pm (Intermediate)
Friday	5-12 yrs 8-14 yrs	3.45-5.15pm 4.45-6.15pm (Intermediate)
Saturday	8-14 yrs	9.45-11.45am (Intermediate)

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

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 ½ class - 10 week term costs \$225.00  
2 hr class - 10 week term costs \$290.00

Discounts available for more than one child and early payment.

Please see front desk for details.

#### **Insurance and Registration**

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 TRAMPOLINIST'S AND STAFF ONLY.
- Athletes must wait in the foyer area until called for their class.
- Spectators must not distract athletes 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.
- Athletes must behave appropriately and follow the rules of participation as set out by the coach. Disruptive behaviour will not be tolerated.
- Athletes must be collected by parents/guardians from inside the hall.
- Non-participating children remain the responsibility of the parent/guardian.

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

### WHAT TO WEAR AND BRING TO TRAMPOLINING

- Leotards, shorts, t-shirts and tracksuits are all suitable for trampoline.
- 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 TRAMPOLINE PROGRAM

5-16 YR OLDS

### GENERAL INFORMATION



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