

Tumbling 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 tumbling 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! It is requirement for the beginners class a participant must be able to do forward/backwards rolls and handstands unaided.

It is a requirement for the advanced class you must be able to perform a round off backflip.

There is a full length sprung tumble strip with a powertrak run alongside.

We do have a competitive stream that trains through out the year and competes nationally as well as within WA. You will be invited to these groups if you wish to compete.

The sport of tumbling;

Competitors perform two voluntary passes. A tumbling pass demonstrates forward, backward and sideward hands to feet and feet to feet rotational elements. The elements should be presented showing good control, form, execution and maintenance of tempo. In elite tumbling, passes consist of eight skills performed on a 25 metre sprung floor.

In age group and levels tumbling, passes consist of five skills (short-track) that could be performed on a modified tumbling floor.

Tumbling is competed at local, state and national level within Australia, and also internationally.



## CLASS DAYS AND TIMES

DAY	AGE GUIDE	TIME
Monday	Rec Beginners	3.50-4.50pm
Tuesday	Rec Beginners	5.00-6.00pm
	Rec Beginners	6.30-7.30pm
Wednesday	Rec Intermediate	7.30-9pm
	Competitive	6.00-8.00pm
Thursday	Rec Beginners	5.00-6.00pm
	Mixed Ability (Age 12+)	6-7.30pm
Friday	Rec Beginners	4.50-5.50pm
	Rec Beginners	6.30-7.30pm
	Rec Intermediate	6.00-7.30pm
	Competitive	6.30-8.30pm
Saturday	Rec Beginners	11.00-12.00
	Competitive	1.30-3.30pm

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

1.5 hrs- 10 week term costs \$225.00

Competitive rates please see the desk.

Discounts available for more than one child and early payment.

Please see front desk for details.

**Insurance and Registration**

**Gymnastics WA \$55 per 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 TUMBLERS 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: Tumblers, Parents, Guardians, Non-participating children, Coaches and Volunteers.

### WHAT TO WEAR AND BRING TO TUMBLING

- Leotards, shorts, t-shirts and tracksuits are all suitable for tumbling.
- 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 TUMBLING PROGRAM

5-16 YR OLDS

### GENERAL INFORMATION



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