

## Recreational Gymnastics

**The Recreational Gymnastic Program** emphasis is on Fun, Fitness and Friendship. The Program utilises components of Gymnastics Australia's Gym Mix program and WAG & MAG National Levels Programs.

We aim to offer positive movement experiences where the children may creatively explore the gym environment and practice skills safely, thus increasing physical capabilities, self-confidence and independence.

Activities include climbing, rolling, swinging, hanging, trampoline, balancing, flexibility and strength and fun games.

Gymnasts in the Recreational Gymnastics classes may attend one or two days per week.

All classes are mixed (girls and boys) classes unless otherwise stated.

### Beginner

**4 ½ - 8 years (4 ½ year old gymnast must be attending full time school – not Kindy)**

In this class the gymnasts will work their way through the College Park Gymnastic Academy Rising Stars Program. There are 6 levels of competency and certificates will be awarded at the completion of each stage.

7-year-old gymnasts achieving Award 4 may move to the Intermediate class at the commencement of the new term.

### Intermediate

**7 years and older (7-year-old gymnasts must have completed Award 4 of the Rising Stars Program)**

On completion of the Rising Stars Program, gymnasts will move through the College Park Gymnastic Academy Recreational Levels Program. This program has been modified from the WAG & MAG National Levels Programs.

Informal assessments will be carried out during classes and gymnasts will have the opportunity to attend Formal Assessments and In-Club competitions from time to time. Formal assessments and competitions are not compulsory for Recreational gymnasts.

### Advanced

**9 years and older – in addition gymnasts must have passed CPGA Recreational Level 4 prior to attending the Advanced class.**

Building on skills developed in the Intermediate class gymnasts will continue their progress through the CPGA Recreational Levels Program.

Informal assessments will be carried out during classes and gymnasts will have the opportunity to attend Formal Assessments and In-Club competitions from time to time. Formal assessments and competitions are not compulsory for Recreational gymnasts.

### What to Wear

Girls – leotard or cut off set is preferred – bike shorts or leggings and close fitted top is acceptable.

Boys – Shorts (no buckles or buttons) and close fitted T-shirt or singlet.

**All gymnasts participating in Recreational Gymnastics will have the opportunity to be assessed for inclusion in Competition and Development Squads.**

## Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner Gym 3.30 – 4.30 pm	Beginner Gym 3.30 – 4.30 pm	Beginner Gym 3.30 – 4.30 pm	Beginner Gym 3.30 – 4.30 pm	Beginner Gym 3.30 – 4.30 pm	Beginner Gym 9.00 – 10.00 am
		Beginner Gym 4.00 – 5.00 pm		Beginner Gym 4.00 – 5.00 pm	
Intermediate Gym 4.30 – 6.00 pm	Intermediate Gym 4.30 – 6.00 pm	Intermediate Gym 4.30 – 6.00 pm	Intermediate Gym 4.30 – 6.00 pm	Intermediate Gym 4.30 – 6.00 pm	Intermediate Gym 10.00-11.30am
	Advanced Gym 6.00 – 7.30 pm		Advanced Gym 6.00 – 7.30 pm	Advanced Gym 4.30 – 6.00 pm	

## PARENT INFORMATION

To ensure the safety of our gymnasts and the quality of our program we ask that all participants adhere to the following Codes of Behaviour:

- Please do not signal or wave to your children from the spectator area during class. This is very distracting for the gymnasts. Loud conversations in the spectator area are also very distracting to the gymnasts and coaches. If you wish to carry on conversations with other parents, it would be appreciated if you would do this outside. Thank you for your support in this matter.

### Early Arrivals

- Gymnasts arriving early for class are not permitted to enter the gym area or play on any equipment. They must wait in the spectator area until asked to enter the gym by the coaches.
- Gymnasts arriving more than 10 minutes prior to starting time must be supervised by an adult, unless other arrangements have been made with Management.

### Gymnasts – All

- Must wait in the spectator area until asked to enter the gym by a coach. No running around in the spectator area.
- Clothing should be comfortable, but not too loose. Leotards or bike pants and singlet top are preferred.
- Hair is to be neatly tied back at all times.
- No jewellery is to be worn at gym – this includes watches and friendship bands – and we accept no responsibility for the loss or damage of these items should parents allow their children to wear them.
- Bare feet or gym slippers only are to be worn.
- Food and drinks are not permitted in the gym area. Gymnasts should bring a clearly labelled water bottle to class, but this must not be shared with other participants. Gymnasts who do not bring a drink bottle with them are not permitted to use cups from the coffee machine for water. Cups are for clients purchasing drinks from the machine only.
- Running is not permitted in the gym area unless specifically asked to do so by the coaches.
- No shouting or screaming. Loud aggressive behaviour will not be tolerated.
- Do not leave the gym area without the permission of your coach.
- Respect the rights of other participants, coaches, officials and spectators
- Wait inside the building to be collected after class. Under no circumstances may any gymnast wait outside after class.
- Care for the equipment.