

## Recreational Trampoline and Tumbling

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

We aim to offer positive movement experiences where the children learn in a controlled environment and practice skills safely, thus increasing physical capabilities, self-confidence and independence.

Activities include Trampoline, Mini trampoline, pit trampoline, and floor tumbling on a sprung floor.

Gymnasts in the Recreational Trampoline and Tumbling 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 participants will learn the basics and safety of Trampoline and Tumbling and will receive Certificates on completion of each stage. As a general rule, Trampoline skills performed in the Beginner class do not include any Aerial Breadth Axis rotation eg Forward or Backward somersaults: however, lead up drills for these skills will be taught.

### Intermediate / Advanced

7 years and older

Building on the skill learnt in the Beginner class, participants will progress in their skill learning. Aerial skills will be introduced in the Intermediate class and participants will begin to perform multiple skills in tumbling passes. To participate in the Advanced class, gymnasts must be able to perform a Round off, back handspring or back salto with confidence.

### 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.

### Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Beginner 11.30 am – 12.30 pm
		Intermediate 5.00 – 6.30 pm			Intermediate 1.00 – 2.30 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.