

## Recreational Gymnastics

**The Recreational Gymnastic Program** emphasis is on Fun, Fitness and Friendship. The Program follows the Women's Artistic Gymnastics (WAG) and Men's Artistic Gymnastics (MAG) Australian Levels Program.

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.

### Beginner mixed and Boys only classes

4 ½ - 8 years

In this class the gymnasts are assessed following the WAG & MAG Australian Levels Programs. From Pre-Levels to Level 2, the gymnasts are assessed during class and a certificate is awarded once the gymnast has achieved all skills in the Level. Progression from the Beginner class is to the Intermediate class or a Competitive Squad group depending on each individual gymnast's (and family's) choice.

It is recommended that once the boys have achieved all skills in Pre-Level, they attend a boys only class to progress through the MAG Levels program.

### Intermediate – girls only

7 years and older

In this class the gymnasts are assessed following the WAG Australian Levels Programs. From Pre-Levels to Level 5, the gymnasts are assessed during class and a certificate is awarded once the gymnast has achieved all skills in the Level.

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.

Progression is to the Advanced class or a Competitive squad.

### Advanced – girls only

9 years and older – in addition gymnasts must have passed Level 4 of the WAG Australian Levels Program.

Building on skills developed in the Intermediate class gymnasts will continue their progress through the WAG Australian 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 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 8.45 – 9.45 am
Beginner Gym 4.00 – 5.00 pm		Beginner Gym 4.00 – 5.00 pm		Beginner Gym 4.00 – 5.00 pm	Beginner Gym 11.00am-12.00
					Beginner Gym 11.45am-12.45
					Beg / Int Gym 10.00-11.00 am
					Beg / Int 1.00.– 2.00 pm
Intermediate Gym 4.45 – 6.15 pm	Intermediate Gym 4.45 – 6.15 pm	Intermediate Gym 4.45 – 6.15 pm	Intermediate Gym 4.45 – 6.15 pm	Intermediate Gym 5.15 – 6.45 pm	Intermediate Gym 10.00-11.30am
	Advanced Gym 6.15 – 7.45 pm		Advanced Gym 6.15 – 7.45 pm	Advanced Gym 5.15 – 6.45 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:

- We ask where possible that parents do not stay during their child's class. The children respond better to the coaches and their peers without the distractions from parents and siblings in the viewing area. If you must stay, please do not carry on any loud conversations or phone calls from the viewing area. Please do not signal or wave to your child during the class. If necessary to bring siblings to class, they must be seated at all times. Viewing is from the upstairs area only, please do not sit or stand on the stairs. Electronic devices must have ear phones attached, as the noise is very distracting to the gymnasts.

### 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 holding 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 quietly in the holding area until asked to enter the gym by a coach. No running around in the holding 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.

