

**Junior Groovers** is for children attending full time Prep programs.

**Mighty Groovers** is for beginner gymnasts in Years 1+ 2 in school. The emphasis in this class is on confident body management as they are taught to roll, jump, swing and turn upside down.

Our Groovers Program is a developmental gymnastics guideline that allows gymnasts to progressively work through skills and is awarded badges once skills are achieved. There are four badges in the Groovers Program and once these badges are completed the gymnasts progress to the levels program.

<b>Class Times:</b>		
<b>Class</b>	<b>Day</b>	<b>Time</b>
<b>Junior Groovers</b> (Prep)	Monday, Tuesday, Wednesday	3:30 - 4:30PM
	Thursday	3.30 - 4.30 OR 3.45 - 4.45PM
	Friday	3.30 - 4.30PM
	Saturday	9.30 - 10.30AM
<b>Mighty Groovers</b> (Gr 1 & 2)	<b>Girls Classes</b>	
	Monday	3.30 - 4.30PM
	Tuesday	3.30 - 4.30PM 3.45 - 4.45PM
	Wednesday	3.45-4.45PM
	Thursday	3.30 - 4.30PM 3.45 - 4.45PM
	Friday	3.30 - 4.30PM
	Saturday	9.30 - 10.30AM 9.45 - 10.45AM
	<b>Boys Classes</b>	
	Monday	3.45 - 4.45pm
	Wednesday	3.30 - 4.30pm

**SAFTEY:**

- For safety NO watches or jewelry (including hair clips) for all gymnasts.
- Long hair must be tied back and out of face to allow for full visual at all times.

**WHAT TO WEAR & BRING:**

- Gymnasts should wear cool, comfortable clothes that do not restrict movement.
- Bare feet = the only way to go at gymnastic classes☺

**ENROLMENT:**

- A \$150 or \$112.50 for 2<sup>nd</sup> child once-off Annual Membership and Registration Fee which includes Gymnastics Queensland Registration, Sport Insurance, Equipment Levy and some value added benefits.

**TERM FEES:**

- *Each term consists of 10 weeks. Public holidays or class cancellations will be adjusted accordingly in your term fees.*
- Junior & Mighty Groovers (1hr) \$160. A 10% discount does apply if paid by the due date or the time of rebooking.
- ALL fees MUST be paid in full prior to each term to be able to participate in the class.

**Please note:**

Your tuition fees pay for a position in a class, regardless of attendance, however as a courtesy, we may offer make-up classes when notification of your child's absence has been received and if class vacancy permits.

### Club Information:

The Gladstone Gymnastics Club is a non-profit community club that has been established for over 39 years. We pride ourselves on offering a broad range of opportunities for every child in our community with a facility that is second to none outside of Brisbane.

Gymnastics at our club not only helps your child improve their fitness and develop their physical being, it also demands mental focus and provides a valuable outlet for personal expression.

Our club boasts some highly qualified and experienced coaches. Not only do we ensure all coaches are accredited through the National Coaching Accreditation Scheme, but many also have professional qualifications necessary to guide the complete physical education of our members. A number of our staff members are professionals in their respective fields of education, physical education, dance, sport management and gymnastics coaching.

### Office Hours:

Monday	10am - 5.30pm
Tuesday	10am - 5.30pm
Wednesday	10am - 5.30pm
Thursday	10am - 5.30pm
Friday	10am - 5:30pm
Saturday	8:30 - 10:00am

### Contact Details:

Please take the time to visit us. On our website you will find a calendar of events, newsletters, banking details, club handbook and lots of other useful information.



Gladstone Gymnastics Club

[www.gladstonegymnastics.org.au](http://www.gladstonegymnastics.org.au)

Email: [office@gladstonegymnastics.org.au](mailto:office@gladstonegymnastics.org.au)

Phone: 4972 0300



**Groovy Gym for All**



**Junior Groovers - Prep age**  
**Mighty Groovers - Age 6-7 (Year 1 & 2)**