

About the club

The Gladstone Gymnastics Club is a non-profit community club that has been established for 40 years. We pride ourselves on offering a broad range of opportunities for every child in our community recreational and competitive disciplines.

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, in addition, 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.



Monday	10.30am - 5.30pm
Tuesday	10.30am - 5.30pm
Wednesday	10.30am - 5.30pm
Thursday	10.30am - 5.30pm
Friday	10.30am - 5.30pm
Saturday	8:30am - 10:00am

www.gladstonegymnastics.org.au

Email: office@gladstonegymnastics.org.au
Phone: 4972 0300

Address: 53 Yarroon Street, Gladstone
(beside PCYC)

visit us on
FACEBOOK



**Groovy
GYM**
for All

Junior Groovers – Prep age
Mighty Groovers – Age 6 - 7



Our General Gymnastics program is designed for children of all abilities. Gymnasts in this program follow the Gladstone Gymnastics 'Groovers' program.

This program was specifically developed by Gladstone Gymnastics Club which the curriculum consists of four progressive badges. It is a developmental program which starts out with fundamental gymnastic skills and goes on to more specific gymnastic skills/elements. The emphasis in these classes is on confident body management as they are taught to roll, jump, swing and turn upside down.



The program is an evolving guideline and is designed to support the Gymnastics Australia National Levels Program. Gymnasts are continuously assessed throughout the term and receive a report card each semester. These report cards will provide parents and gymnasts a resource to track progressions and outline skills achieved in each badge. Once these badges are achieved the gymnasts progress to the women's or men's levels program. Gymnasts perform in an in-house style competition called a 'Term Event' once or twice in the year.

Groovers Classes

- Groovers classes are split into age levels although each gymnast's personal development is catered for and assessed.
- Our coaches are all trained in the Gladstone Groovers Program.
- Our trainee coaches receive regular professional development and are closely monitored and mentored by our accredited coaches.
- A 'Floor Manager' is allocated to support all our coaches during our Groovers classes.
- Gladstone Groovers Program is broken up into the following classes:-
 - ⇒ Junior Groovers
For the beginner gymnasts who are attending 'Prep' at school.
 - ⇒ Mighty Groovers
For the beginner gymnasts in Year 1 or 2 at school and have not yet turned 8 years old.

Safety

For safety NO watches or jewelry (including hair clips) for all gymnasts, including parents.

Long hair must be tied back and out of face to allow for full visual at all times.

Please make sure your pockets are empty so items are not lost in our pit.

What to bring

Gymnasts should wear cool, comfortable clothes that do not restrict movement. Bare feet = the only way to go at gymnastic classes
Bring a drink bottle - water only in the gym

Enrolment

A \$150.00 (\$112.50 for 2nd child) once-off Annual Membership and Registration Fee which includes Gymnastics Queensland Registration, Sport Insurance, Equipment Levy and some value added benefits.

Term Fees

Our terms are aligned to the Queensland Education Department. Most terms consist of 10 weeks and classes do NOT run on public holidays. 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 due to illness or injury and if class vacancy permits.