

The Levels Program is for gymnasts who have progressed through Mighty Groovers or for the older beginner gymnasts. This class provides positive, enjoyable opportunities for gymnasts to develop incredible grace, flexibility and fitness. While participating in Vault, Uneven Bars, Balance Beam and Floor Exercise for girls or Floor, Pommel Horse, Rings, Vault, Parallel Bars and High Bar for the boys all the while moving progressively through the 10 levels of the Australian Gymnastics Federation National Levels Program.

Opportunities for competing at local and regional competitions are also available for gymnasts in the levels program.

Our WG & MG Coaches:

All of our Coaches are fully accredited and are State and National qualified in the disciplines they teach (or are in the process of gaining accreditation). Accreditation is through the Australian Coaching Council's National Coaches Accreditation Scheme (NCAS). Coaches who are in training are under the supervision of a qualified coach. Some of our coaches also hold tertiary qualifications. Accreditation procedures also require that coaches hold a current Senior First Aid certificate or equivalent and Positive Notice Blue Card (Working with Children Card). It is a requirement of employment with Gladstone Gymnastics that coaches participate in regular in-house training sessions as well as attend workshops and courses throughout the year. Many of our younger coaches possess high levels of up to date technical expertise in gymnastics as a result of many recent years of intensive training as competitors.

Class Times:

Group / Level	Day	Time
Level 2 Women's Program	<u>Up To 3.0hrs p/wk</u> Monday Tuesday Wednesday Thursday Friday	3:30 - 5:00PM
	Monday Tuesday Wednesday Thursday Friday	5:00 - 6:30PM
	Saturday	9:00-10:30AM 10:30-12:00PM
	Level 2 Men's Program	<u>Up To 3.0hrs p/wk</u> Tuesday Thursday
Saturday		11:00-12:30PM
Level 3 Intro	<u>Up To 4hrs p/wk</u> Wednesday Thursday Saturday	5:00 - 7:00PM 4:30 - 6:30PM 10:30 - 12:30PM
Level 3	<u>Up To 5hrs p/wk</u> Monday Saturday	4:30 - 7:30PM 9:30 - 12:30PM
Level 4/5	<u>Up To 10 hrs p/wk</u> Tuesday/Thursday & Saturday	4:30 - 7:30PM 8:30 - 12:30PM

SAFETY:

- For safety NO watches or jewellery for all gymnasts. Hair must be tied up.
- WG gymnasts are required to wear leotards or crop tops/bike pants.

ENROLMENT:

- A \$170 or \$127.50 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 based on a 10 week term

Class	Training Hours /Week	Total Term Fee	Fees with 10% discount
Level 2	1.5	\$210.00	\$189.00
Level 2	3.0	\$345.00	\$310.50
Level 3 Intro	2.0	\$255.00	\$229.50
Level 3 Intro	4.0	\$400.00	\$360.00
Level 3	5.0	\$425.00	\$382.50
Level 4/5	10.0	\$530.00	\$477.00

- Each term consists of 10 weeks. Public holidays or class cancellations will be adjusted accordingly in your term fees. Holiday training will be charged in addition to your term fees.
- ALL fees MUST be paid in full prior to each term to be able to participate in the class.
- Payment plans are available. Please contact office to make arrangements and to complete form.

Club Information:

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 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 has 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	11am - 5.30pm
Tuesday	10am - 5.30pm
Wednesday	10am - 5.30pm
Thursday	10am - 5.30pm
Friday	10am - 5:30pm
Saturday	8:30 - 10:30am

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

www.gladstonegymnastics.org.au

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**Mens's & Women's Artistic Gymnastics
Levels 2 - 5+
Program**

