

Gymnastics Programs

Gymnastics is a safe, fun and challenging sport that has far-reaching physical, mental and social benefits for people of all ages and abilities. In a mix of structured activities and free play, participants who are involved in gymnastics can learn new physical skills within a supportive and fun atmosphere, setting them up for a positive long term relationship with fitness and a healthy approach to life.

Gymnastics has several benefits including:

1. Developing balance, co-ordination and confident body movement
2. Building muscle strength, endurance and power
3. Building flexibility through activities that create long and supple muscles, preparing the body for everyday activities such as sitting, standing and bending, and making injuries less likely
4. Laying the foundations for other sports – from traditional to newer extreme sports - the most skilful and well rounded athletes that naturally excel in other pursuits usually have a background, history or training in gymnastics
5. Encouraging healthy brain function - research suggests that there is a strong correlation between physical fitness and academic achievement, enhancement of mental strength and concentration levels
6. Promoting and resulting in healthy bodies and being instrumental in the prevention of diseases and ailments such as asthma, obesity, heart disease, diabetes and even some cancers
7. Developing social skills and self esteem, encouraging to interact with others, listening, taking turns, following direction and working within a team
8. Teaching commitment and discipline – showing firsthand how hard work and dedication pay off
9. Taking place within a safe environment and overseen by highly trained coaches with an overarching commitment to personal growth and development
10. Making exercise fun - learning how to tumble, roll, swing, jump and leap is anything but boring
11. Meeting & making new friends & forming lifelong relationships

SGAC offers a wide range of gymnastics programs for children as young as 18 months old through to teens and adults programs. We also offer a Please refer to the 'Memberships, Fees & Programs' section for further information. If you require any further clarification, please email us at gymnastics@sgac.com.au or contact us on 9851 5811 to book in for a **FREE trial lesson**. Terms and conditions apply.

Memberships, Fees & Programs

Gymnastics

Membership, Insurance & Registration: It is compulsory for all SGAC gymnastics athletes to be registered with Gymnastics Australia for insurance purposes. The JLT Gymnastics Australia Insurance Policy is for Limited Personal Accident Insurance Cover only. For information on the Gymnastics Australia insurance policy please visit www.jltsport.com.au (club services section). Any injury claims

must be made through the JLT website. The fee is payable every calendar year (i.e. January - December). Please see below for the table of fees:

Gymnastics Program Type Enrolled	Fee
Recreational	\$75.00
Competitive (excluding Development programs)	\$95.00

Programs & Fees: Payments for all programs are made via direct debit on a fortnightly basis.

RECREATIONAL GYMNASTICS PROGRAMS			
Call SGAC on 9851 5811 to book in for a FREE TRIAL LESSON. Classes operate Mon- Sun.			
Age Range	Levels	Information	Fee
Mums & Bubs: 1 - 4 yrs old Parent Participation	Kinder Gym	1-2.5 yrs old Aim: Develop child socially, emotionally, cognitively and physically through a safe, structured, multisensory environment. Program incorporates gross and fine motor skills, hand/eye coordination, develops balance and problem solving skills. Teaches children how to climb, master challenges, move to music and develop rhythm! More parent assisted than Junior Gym	\$13.50/ lesson (1 hour class)
	Kinder Fun	2.5-4 yrs old Aim: To develop skills further and focuses on <i>refining</i> skills developed in KinderGym. Includes circuits incorporating beams for balance and coordination, bar for swinging, hanging, holding body weight, trampoline for spatial awareness, develop jumping skills, floor for developing gross motor skills such as skipping, hopping, jumping and landing and core strength activities. Also focuses on fine motor skills similar to pre-school.	\$13.50/ lesson (1 hour class)
Pre-schoolers: 4-5 yrs old	Kinder Skills	4-5 yrs old Aim: Promotes independence. Program commences with a warm up, gross motor based circuits using beams for balance, bars for strength, floor to develop basic skills such as forward rolls and movement patterns such as running, skipping and hopping. Build your basic gymnastics skills including, handstands and cartwheels lead up drills.	\$16.00/ lesson (1 hour class)
	SNAP Special Needs Assisted Program	Contact Lisa Angeleski: langelski@sgac.com.au, directly with prospective member details: Parent name, contact number, email, child's name, age and disability/ condition	\$16.00/ lesson (1 hour class)
School aged: 5+ yrs old From Gym Skills/ Tramp Skills, children progress to Intermediate Gym/ Tramp Skills, then Advanced Gym/ Tramp Skills.	Gym Fun	5+ yrs old Aim: Develop the FUNdamental skills such as balance, coordination, muscular strength, endurance and power. Whilst the focus is on fun and participation, children will learn a wide range of skills such as handstands, cartwheels.	\$16.00/ lesson (1 hour class)
	Gym Skills	7+ yrs old Aim: To further develop skill-specific training to create a talent base where children can progress into development programs. Program focuses on specific components of health such as flexibility, muscular strength. The classes are mixed including both boys and girls, each working on skills specific to their discipline.	\$16.00/ lesson (1 hour class)
	Tramp Skills	5+ yrs old Aim: To develop trampoline specific skills using mini tramps, double mini tramps and olympic size trampolines. Focuses on jumping and landing techniques, core strength, aerial awareness.	\$16.00/ lesson (1 hour class)
Teens: 12+ yrs old	Teen Skills	Aim: Focuses on improving overall fitness as well as develop gymnastics specific skills such as flexibility, coordination, strength and conditioning.	\$21.50/ lesson (2 hour class)
	Teen Tramp	Aim: To develop trampoline specific skills using mini tramps, double mini tramps and olympic size trampolines. Focuses on jumping and landing techniques, core strength, aerial awareness. Elements of tumbling are also incorporated.	\$21.50/ lesson (1.5 hour class)
	Teen Tumble	Aim: To develop tumbling specific skills in a non-competitive environment.	\$21.50/ lesson (1.5 hour class)

Missed lessons/ Absentee Requests- Recreational Programs: We offer up to 4 hours worth of makeup lessons to be used in our School Holiday Program every 12 month period from the commencement of your membership. To qualify for a makeup lesson, we require a doctor's certificate for the missed lesson or a copy of your travel itinerary prior to travelling emailed to gymnastics@sgac.com.au. A confirmation email will be sent to you within 1-2 business days. If the confirmation email is not received, it is the customer's responsibility to follow up on the Absentee Request.

COMPETITIVE GYMNASTICS PROGRAMS		
<i>Call SGAC on 9851 5811 to book in for a FREE Assessment, if transferring from another Gymnastics Club. Classes operate Mon- Sat. All enquiries will be responded to within 2 working days.</i>		
Gym Sport	Levels	Information
<i>Women's Gymnastics</i>	Development - Level 7+ Or IDP (elite)	Any enquiries regarding Women's Gymnastics (NDP) email our Team Leader, Ken Coleman: kcoleman@sgac.com.au Any enquiries regarding our Elite Women's Program email our Program Coordinator, Lisa Long: llong@sgac.com.au
<i>Men's Gymnastics</i>	Development - Level 7+	Any enquiries regarding our Men's Gymnastics Program email our Team Leader, Anthony Jellicoe: ajellicoe@sgac.com.au
<i>Acrobatic Sports</i>	Development- Level 7+ Or elite	Any enquiries regarding our Acrobatics Program email our Team Leader, Rebecca Buffrey: rbuffrey@sgac.com.au
<i>Trampoline Sports</i>	Development - Level 7+ Or elite	Any enquiries regarding our Trampoline Sports Program, email Team Leader, Shane Roberts: sroberts@sgac.com.au

Competition Fees for Competitive Athletes: All fees for competitions must be paid on time to ensure your child is entered into the competition. Late payments will not be taken unless authorised by the Team Leader of each Gym Sport. If your child is unfit for competition, you may be eligible for a refund less 10%. A medical certificate and email to the Program Administrator, Sheree Donaldson (sdonaldson@sgac.com.au) must be sent prior to the competition day to be eligible for the refund. We endeavour to get back to you within 7 working days.

Missed lessons- Competitive Programs: All competitive classes (except IDP Squads 1 & 2) are eligible for a Time Hold on fees with a minimum of 1 week and maximum of 4 weeks in a calendar year. A \$10 fee applies each time the account is put on hold. To put an account on hold, a form must be completed at Member Services in conjunction with the \$10 fee. A confirmation email will be sent to the account holder within 1-2 working days. If the confirmation email is not received, it is the customer's responsibility to follow up on the Time Hold Request.

FAQs - Gymnastics

As the leading Gymnastic Centre in Australia and one of the biggest facilities in the world we welcome you to the SGAC family. To help you settle in we have prepared this information sheet that addresses common questions and guides your journey with us.

How does Gymnastics benefit my child? Gymnastics is a safe, fun and challenging sport that has far-reaching physical, mental and social benefits for people of all ages and abilities.

What different Gymnastic classes do you offer? We have a range of Gymnastics classes that vary according to age, level and experience. There are two core streams, Recreational and Competitive, to cater for enjoyment and nurture progression;

Recreational: programs are safe, fun and a great introduction to the sport. These classes promote the development of coordination, confidence, creativity, spatial awareness and self-esteem. Pre-School Programs (12 months to 5 years): Kinder Gym, Kinder Skills School Age Programs (5 to 17 years): Gym Fun, Gym Skills, Teen Skills, Trampoline Skills, Teen Trampoline

Competitive: programs are for athletes who have basic skills and are ready to start preparation for competition. We currently offer competitive Artistic Gymnastics, Acrobatic Gymnastics, Tumbling and Trampoline classes.

When can my child be assessed and what's involved? Children are assessed every lesson by their coach to ensure the lesson plan remains challenging and fun while confirming your child is enrolled in the correct class. Children complete testing every term so coaches can review individual progress.

Interested in trying another discipline? If you are interested in changing disciplines we offer a detailed assessment. These assessments are held once a month for approximately 30 minutes and can be booked through our team at reception.

Does my child have to wear a uniform? Yes, it is our policy that all members wear the club uniform. We are proud of who we are and wish to portray a professional image within our facility and whilst participating at events.

What is the difference between a red leotard and blue leotard? Red leotards are worn by all participants in the **Recreational** classes and Blue leotards are for all those in the **Competitive** classes.

How long does it take my child to progress to the next level? This will vary and there is no one correct answer. Every child will progress at a different pace and we do not rush this process. When your child is ready the coaches will communicate and let you know they are ready for the next class. **How do I speak to my child's coach?** When possible, at the end of a lesson the coach will accompany the class to the top of the stairs. You are welcome to talk to the coach at this time alternatively let a member of our reception team know and they can arrange a meeting.

How does my child change class? When your child is ready to progress and change class our coaches will communicate to you. Alternatively you may wish to change disciplines and try something new. A detailed assessment can be booked though reception however changing a class is dependent on class availability.

How do I leave feedback? We welcome your feedback and have forms at reception that can be completed or alternatively our reception team can leave a detailed message for you via email. Our management team will be in contact with you to discuss further.

What if the usual scheduled class is closed? On occasion throughout the year the Gymnastics Centre may be closed during standard operating hours. We will communicate to all members via text message, notes sent home in class, internal signage throughout the facility and email.

What is a Major Event? We host a large number of Gymnastics NSW competitions throughout the calendar year. Six of these events are called 'Major Events' which include all three training halls in use for the event. During this time our programs will be closed and members notified.

What does the Gymnastics NSW registration fee cover and when is it next due? The Gymnastics NSW registration fee is compulsory and covers your child with insurance whilst participating in class. The registration payment covers your child with insurance and is collected by the Sydney Gymnastics Centre and passed onto the governing body Gymnastics NSW who provides the insurance cover. The registration fee is due at the start of each calendar year and covers your child until 31st December. Members who are not registered will not be able to participate in class.

Does my child have the same coach each class? All our gymnastics coaches are highly qualified and accredited in coaching and first aid. We endeavour to keep consistency in the coaching staff and the programs they coach, however rostered coaching staff may be subject to change.

How do I drop off and collect my child? Your child's safety is paramount therefore we have strict guidelines regarding collection and drop-off. All participants under the age of 18 must be accompanied by an adult while entering and leaving the venue. Children are not permitted to leave the venue without an adult present. Please notify reception staff if alternate arrangements have been made for the collection of your child.

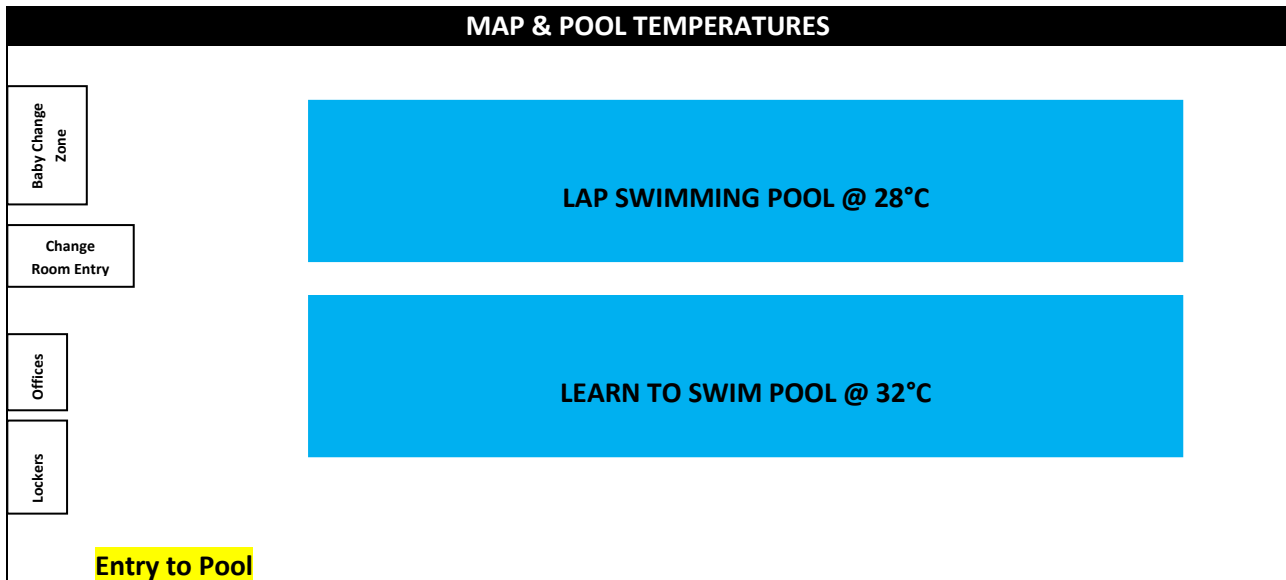
Does Sydney Gymnastics Centre have rules and policies to follow? SGAC has a number of rules and policies to protect every member. These can be found within our Handbook and on our website, alternatively you can ask our friendly staff at reception to provide you a copy.

Aquatics Information

CASUAL SWIMMING		
Age Range	Single Visit	10 Visit Swim Pass <i>(valid for 3 months from purchase date)</i>
Adult <i>(16+ years old)</i>	\$7.00	\$65.00
Child/ Concession <i>(Child: aged 3-15 yrs. old. Concession: must show valid concession card not an RSL card)</i>	\$5.60	\$50.00

AQUA AEROBICS	
Age Range	Single Visit
Adult <i>(16+ years old)</i>	\$14.00
Concession/Gym Member <i>(Concession: must show valid concession card not an RSL card; Gym Member and Fitness Passport)</i>	\$8.00

AQUATIC MEMBERSHIP (Unlimited Access To Pools)
\$25.00 per fortnight (Direct Debit Only). No minimum term - cancellation period applies



Aquatics Programs

LEARN TO SWIM CLASSES			
COSTS: \$16.50/ lesson (Mon-Fri) & \$18.50/lesson (weekends)			
Assessments required for all <u>programs 5+ yrs old</u> . Call SGAC on 9851 5811 to book in.			
Age Range	Levels	Information	
Aqua babies: 6 mths - 3 yrs old Parent Participation **IMPORTANT** Aqua Nappy Policy: Disposable aqua nappy must be worn at any time in the pool along with a reusable firm fitting nappy. Both must be worn for children under 3 years old.	Jelly Fish	6mths - 1 yrs old Aim: for parents to have fun with their babies. Water familiarization and water confidence is developed through songs, games, activities and plenty of encouragement.	
	Star Fish	1-2 yrs old Aim: for parents to have fun with their babies. Water familiarization and water confidence is developed through songs, games, activities and plenty of encouragement. Activities are catered towards older infants.	
	Octopus	2-3 yrs old Aim: for parents to have fun with their babies. Water familiarization and independence is developed through songs, games, activities and plenty of encouragement. Activities are catered towards older infants and preparing them to enter lessons without parent participation.	
Pre-schoolers: 3-5 yrs old	Guppy	Aim: to build water confidence and then to teacher the following skills; independent, submersion, front floating, back floating, and push and glide with a board.	
	Frog	Aim: Swimming (padding and kick) for 5m with pop up breathing, Independent back float, deep water entry and return to wall.	
	Seahorse	Key Skills: 1. Freestyle with no breathing for 8m 2. Back kicking for 8m	
School Aged: 5-17 yrs old **IMPORTANT** Assessment required prior to enrolling	Stingray	Participants are assessed every 8 weeks. Report cards will be issued to parents during this time to ensure you are kept up to date with your child's progress within our Learn to Swim program.	
	Turtle		
	Snapper		
	Barramundi		
	Otter		
Stroke Development: 5-17 yrs old **IMPORTANT** Assessment required prior to enrolling	Swordfish		
	Seal		
	Dolphin		
Adults	Beginner		We cater to beginners and intermediate swimmers in our 45 min program format.
	Intermediate		
Squads **IMPORTANT** Assessment required prior to enrolling	Junior Squads	\$33.00/ fortnight Participants can attend up to 3 lessons/ week. Timetable of squad training is subject to change.	
		SWIM SQUAD SESSIONS	
		MORNING SESSIONS	Monday 6:00am – 7:00am
		AFTERNOON SESSIONS	Monday 6:30pm – 7:30pm
			Tuesday 6:30pm – 7:30pm
			Wednesday 6:30pm – 7:30pm
			Thursday 6:15pm-7:15pm
Friday 5:30pm- 6:30pm			

Private Lessons	All levels	Our program caters to those of all ages and abilities needing or preferring one on one, personalised attention. Our instructors will endeavour to work with the participant on specific, individualised goals. Lessons start at \$45.00. Please contact the Aquatics Team for more information: aquatics@sgac.com.au
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Missed lessons/ Absentee Requests- Learn to Swim Programs: We offer up to 5 makeup lessons to be used in our Holiday Intensive Program valid for a 12 month period from the commencement of your membership. To qualify for a makeup lesson, we require a doctor's certificate for the missed lesson or a copy of your travel itinerary prior to travelling emailed to aquatics@sgac.com.au. A confirmation email will be sent to you within 1-2 business days. If the confirmation email is not received, it is the customer's responsibility to follow up on the Absentee Request.

FAQs - Aquatics

SGAC is a landmark sporting and aquatic facility and one of the largest in western Sydney. SGAC features two 25 metre swimming pools which facilitate both swimming classes (Learn to Swim) and casual lane swimming. To help you settle in we have prepared this information sheet that addresses common questions and guides your journey with us.

How does swimming benefit my child? According to research conducted by Griffith University in 2012, children who participate in early-years swimming appear to be achieving many milestones earlier than the normal population – across areas of physical, cognitive and language development. Many of the skills that the early-years children are scoring well on, have value in schooling and other areas of learning so they are likely to be better prepared for the transition to school.

When should my child start swimming lessons? Learn to Swim programs at SGAC Swim School cater for all ages including babies from 4 months of age. In many instances fear of the water is a learned response over time, so an early introduction to swimming can help overcome this stage. Furthermore, research shows babies who have early swimming experience show improved physical and psychological development; building strength, mobility, concentration, self-esteem, social skills and independence. Baby swimming class activities are designed to aid in water awareness, familiarisation, safety and water confidence. Spending time swimming as a youngster can help children create an affinity with the water; standing them in good stead to further enhance their skills as they grow older.

What different Learn to Swim classes do you offer? Swim classes at SGAC are for all ages and abilities in a fun, safe environment. We focus on teaching efficient swimming techniques to equip children and adults with a skill for life.

- **Babies & Pre-School** - Jellyfish, Starfish, Octopus, Guppy, Frog, Sea Horse
- **School Age** – Stingray, Turtle, Snapper, Barramundi, Otter
- **Stroke Development** - Swordfish, Seal, Dolphin
- **Squad** – Junior Squad
- **Adult Classes**- Adult Beginner
- **Private Classes** - For those needing individual attention, private classes can be arranged and are subject to availability

When can my child be assessed and what's involved for new customers? New swim school customers will need to book in for an assessment that will require the student to enter the water with one of our qualified assessors supervising. We recommend you call and book in advance for an assessment on (02) 9851 5811. Following the assessment please proceed to the SGAC reception desk to confirm class timetable, availability and membership contract details.

How long does it take my child to progress to the next level? This will vary and there is no one correct answer. Every child will progress at a different pace and we do not rush this process. For existing customers the assessment process at SGAC Swim School is every 8 weeks with parents provided feedback on their child's progress. Our experienced Deck Supervisors monitor lessons on an ongoing basis and receive regular updates from teachers and coaches. You are welcome to approach our Deck Supervisors for feedback at any time.

Do you use floatation devices when teaching learn to swim? We do not use floatation aids such as bubbles or armbands in our lessons. While these devices may provide increased independence for the wearer in the short term, we believe they are not conducive to teaching swimming in the longer term. Additionally, floatation aids tend to place the wearer in a vertical body position which makes it difficult to teach the fundamental skills required when learning to swim; submersion, a streamlined body position, and propulsion. However, a small selection of kickboards, noodles and toys may be used at times. Remember that in all cases, floatation aids are not a substitute for proper and careful supervision.

Does my baby or toddler need to wear a swimming nappy? All children below the age of 2.5 years and all children who are not fully toilet trained must comply with our Aqua Nappy Policy. This policy requires a firmly fitting, reusable “Happy Nappy” (available for purchase from SGAC Reception) to be worn over a disposable aqua nappy. This policy is mandatory for all patrons and ensures that our pool water remains of the highest quality.

How do I speak to my child’s swimming coach? If available the swimming coach may have a few minutes at the end of the class. Alternatively you can speak with a Deck Supervisor or a member of our reception team for further assistance.

How do I leave feedback? We welcome your feedback and have forms at reception that can be completed or alternatively our reception team can leave a detailed message for you via email. Our management team will be in contact with you to discuss further.

What if the usual scheduled class is closed? On occasion throughout the year the Aquatics Centre may be closed during standard operating hours. We will endeavour to contact those affected by email, internal signage or website. Please ensure your contact details are up to date with our Member Services team so we can reach you when needed.

Does my child have the same coach each class? All our swimming coaches are highly qualified and accredited in coaching and first aid. We endeavour to keep consistency in the coaching staff and minimise changes, however rostered coaching staff may be subject to change. All our swimming coaches teach the same program for each level so that there should still be a high quality lesson every time.

Should I continue swimming lessons all year round? While many people traditionally associate swimming as purely an activity for the warmer months, benefits are really only maximised by committing to year-round lessons. Aquatic education is an ongoing process and requires more than 10 weeks of lessons during summertime. Continuing with lessons allows your child to maintain and further develop all the various skills, techniques, social and development, experiences they learn in their classes; including water safety, the four competitive strokes. Swimming regularly is also a healthy fitness activity for the whole family. The Sydney Gymnastic and Aquatic Centre swimming pools are maintained at consistent temperatures ensuring optimum conditions for swimming the year round.