

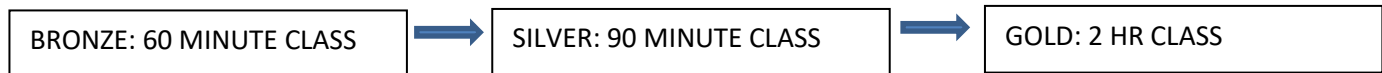
General Gymnastics – Springers 7 to 11 years old

General Gymnastics has been developed for children aged 7 – 11 years old. The program teaches children the basic gymnastics skills and progresses them through to more advanced skills in a fun, positive and encouraging environment. General Gymnastics combines structured activities with the focus on Dominant Movement Patterns (DMP). The Dominant Movement Patterns are Spring, Rotation, Statics, Landings, Locomotion and Swing. These DMP's have been developed to assist in the sound physical development of children and cater for all ability levels. The General Gymnastics program offers a great base for gymnastics and allows gymnasts to progress at their own rate, whilst maintaining a strong emphasis on fun.

All General Gymnastics classes include a warmup, flexibility and strength activities, gymnastics shapes and structured circuits.

The class is called "Springers" and is divided into 3 levels; with all gymnasts starting at Bronze moving their way up to Silver and then Gold.

The Springers Silver and Gold class is for gymnasts who have advanced from the Bronze Class. It is an advanced program for those showing progress from the basic skills of Gymnastics. Entry into the Silver and Gold Classes are by assessment only.



2020 Dates

Classes commence Wednesday 29th January and run through until Saturday 19th December. Classes do not run on school holidays or public holidays. You are not charged on the school holidays or on the public holidays. There are no credits or refunds for missed classes. Make up classes can be done anytime during the year for missed classes.

Tuition Fee

When joining the first class will be paid as a trial. If you are happy to continue the charges are applied for the remainder of the month. The monthly fee and Registration fee must be paid upfront prior to the second class. Thereafter the tuition will be invoiced on the 1st of each month and debited on the 15th of each month. You may cancel anytime however we do need 7 days written notice.

Membership Fee

As per Gymnastics Australia's guidelines all gymnasts will be charged a membership fee. This compulsory fee includes membership with Pulse Gymnastics, Gymnastics Victoria and Gymnastics Australia and Personal Accident Insurance. The fee also includes equipment maintenance, certificates and new for 2020 a club T shirt. The membership fee is non-refundable and must be paid before commencing any program at Pulse Gymnastics.

13 View Rd Epping VIC 3076

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Phone: 0408321656

E-mail: teampulse@pulsegymnastics.com.au

Web site: www.pulsegymnastics.com.au



General Gymnastics Springers Bronze Timetable and Fees

Day	Class	Schedule
Monday	Springers Bronze	4pm – 5pm 5pm – 6pm
Tuesday	Springers Bronze	4pm – 5pm 5pm – 6pm 6pm – 7pm 7pm – 8pm
Thursday	Springers Bronze	4pm – 5pm 5pm – 6pm
Friday	Springers Bronze	4pm – 5pm 6:30pm – 7:30pm
Saturday	Springers Bronze	8am – 9am 9am – 10am 10am – 11am

Class	Term 1 – Wednesday 29th January – Saturday 28th March
	Public Holidays: Monday 9th March
Springers Bronze	1 Hr Class = \$24.50 Per Class
* Membership fee: \$80	
Classes do not run on Public Holidays.	
We recommend gymnasts attend a trial lesson as a first lesson. Trial Fee \$20	

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