

### **Junior Gymnastics Information – 2 years old to 6 years old**

As an introduction to gymnastics, we offer classes that have been developed to teach children basic gymnastics skills in a fun, encouraging and engaging environment.

Junior Gymnastics combines games, music, structured and progressive activities that 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 provide a solid foundation for physical development in children. The Junior Gymnastics Program has been designed to cater for all ability levels, whilst still maintaining a strong emphasis on fun.

The program includes use of large equipment, small equipment and hand held apparatus to develop fine and gross motor skills. The Junior Gymnastics Program will help children to develop their balance, coordination and spatial awareness skills as well as teaching those important values of discipline, goal setting and team work. The program allows all children to feel a sense of achievement in a safe and fun environment. All Junior Gymnastics Classes include a warm up, flexibility and strength activities, gymnastics shapes and structured circuits.

#### **Tumble Tots: Children aged 2 to 4 years old (45 minute class, ONCE PER WEEK)**

- Themed classes
- 1:1 parent/carer involvement
- The instructor moves around the group providing feedback to all children, the parent/carer provides assistance when required
- Children develop their fine and gross motor skills

#### **Tumble Stars: Children aged 4 and 5 years old (4 year old kinder) (60 minute class, ONCE PER WEEK)**

- Structured classes with NO parent or carer involvement
- The instructor guides the group through the class
- Progression from Tumble Tots, program designed for children not yet at school
- Children develop their independence
- Prepares children for School

#### **Tumble Superstars: Children aged 5 and 6 years old (Prep and Grade 1) (60 minute class, ONCE PER WEEK)**

- Structured classes
- Progression from Tumble Stars, program designed for school aged children (Prep and Grade One)
- Prepares children for the General Gymnastics Program
- Developed to assist children with important values such as team work, encouragement and goal setting

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### **2020 Dates**

Classes commence Wednesday 29<sup>th</sup> January and run through until Saturday 19<sup>th</sup> 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 15<sup>th</sup> 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.

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**Junior Gymnastics Timetable & Fees**

Day	Class	Schedule
Monday	Tumble Tots 45min	9:30am – 10:15am 10:30am – 11:15am
Monday	Tumble Stars 60min	9:30am – 10:30am 10:30am – 11:30am
Monday	Tumble Super Stars 60min	4pm – 5pm 5pm – 6pm
Tuesday	Tumble Super Stars 60min	4pm – 5pm 5pm – 6pm 6pm – 7pm
Wednesday	Tumble Tots 45min	10:30am – 11:15am 11:30am – 12:15pm
Wednesday	Tumble Stars 60min	10:30am – 11:30am 11:30am – 12:30pm
Thursday	Tumble Stars 60min	9:30am – 10:30am 10:30am-11:30am
Thursday	Tumble Tots 45min	10:30am – 11:15am
Thursday	Tumble Super Stars 60min	4pm – 5pm 5pm – 6pm
Friday	Tumble Tots	1pm – 1:45pm *TBC
Friday	Tumble Stars	1pm – 2pm *TBC
	Tumble Super Stars	4pm – 5pm
Saturday	Tumble Tots 45min	9am – 9:45am
Saturday	Tumble Stars 60min	9am – 10am 10am – 11am
Saturday	Tumble Super Stars 60min	8am – 9am 9am – 10am 10am – 11am

Class Dates	<b>Term 1 – Wednesday 29<sup>th</sup> January – Saturday 28<sup>th</sup> March</b>
	<b>Public Holidays: Monday 9<sup>th</sup> March</b>
Tumble Tots	<b>45Min Class = \$21.50 Per Class</b>
Tumble Stars	<b>1 Hr Class = \$24.50 Per Class</b>
Tumble Super Stars	<b>1 Hr Class = \$24.50 Per Class</b>

**\* Membership fee: Tumble Tots and Tumble Stars \$55 Tumble Super Stars \$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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