

YMCA Gymnastics Bowen Hills

# WELCOME BOOK





## WELCOME

We are so excited to have you as part of our **Bowen Hills** gymnastics family!

This book will assist you with everything you need to know about gymnastics at our centre! We are looking forward to helping your child reach new milestones whether that is physically or through mental confidence & character building.

We also love to create a family and social environment that creates friendships and welcomes inclusiveness from everyone associated with our gymnastics students.

We hope you feel like the Y is another home where your children feel comfortable and thrive.

Enjoy the journey of seeing your child becoming fitter, stronger, more determined, more resilient and more confident!

- The Y Bowen Hills Gymnastics Team



# An Overview of Our Gymnastics Program

*A lifelong journey from toddlers to adults.*

YMCA Gymnastics provides skills for life and is the perfect building block for youth development. Our journey at the Y starts from **Gym Bubs all the way through to adults**. Our Kinder Gym program is giving children a head start into the world of daycare and school where they develop confidence in their motor, cognitive, social and emotional skills. It's so important for our older students to gain self-confidence, develop personal responsibility and attain leadership skills.

They also learn to work together, respecting the rights of others. Our coaches assist with students' development of character building and ethical behaviour which are skills that they can take right through their adult life!

All our YMCA programs focus on:

- Developing strength
- Developing flexibility
- Teaching listening skills
- Gaining self esteem & confidence
- Providing social interaction with peers
- Teaching goal setting
- Developing cognitive abilities to help in the classroom
- Develop skills to enhance other sports
- Long term life skills
- Resilience

Our club's program provides a seamless pathway from your first experiences in gymnastics to any level of participation. Our pathways ensure our members can remain in our programs for a lifetime if so desired.

Students will be assessed on their skill learning and improvement in every term of classes. Students are able to move through our steps program at their pace but will be constantly motivated to reach for new levels of skills and experiences.

Term reports on our student's skill learning and improvement will be provided to parents.

Students in the YMCA Gymnastics club have a seamless pathway of gymnastics development through four programs: KinderGym, Y Steps, Y Competitive and Adult.



## KinderGym

Under 5s

YMCA Kindergym is where your child's journey begins!

Our program is based on child development principles both physical and social for children from crawling to 5 years of age in an inclusive, safe and multi-sensory environment. Our KinderGym sessions assist children to develop motor skills, coordination and confidence in a fun, nurturing and safe environment.



## Y Steps

School Age to Teen

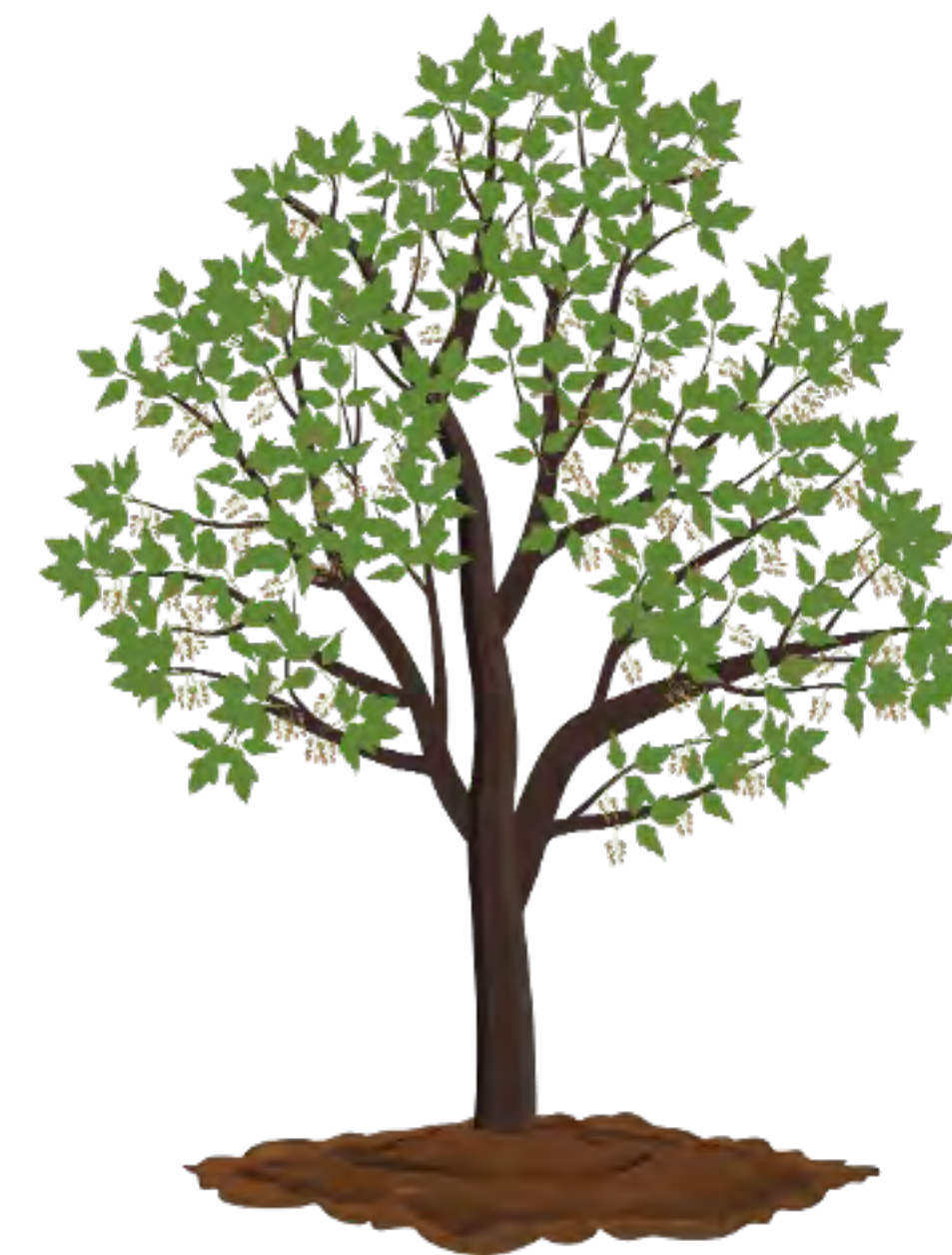
A non-competitive pathway designed by industry leaders. Our Steps program allows every student to learn at their own pace and work towards reaching their own physical fitness and movement potential. These classes range from 1hr – 3hrs long depending level of Step. They are suitable for the beginner gymnast right through to the developing junior levels gymnast. Our Step program is a great gateway to opening up various opportunities to other gym sports.



## Y Competitive

Boys & Girls aged 7+

Targeted to both boys and girls who wish to take their sport to the next level and focus on competing. Our competitive teams follow the Gymnastics Australia Levels Program and can be involved in local, state, national & international events. Competitive classes are open to all students who meet the necessary physical ability requirements.



## Adult

17 and over

We have a couple of great Adult classes for someone who has never done gymnastics to the ones who want to rekindle their love for the sport. Our Adult classes are as structured or unstructured as you would like them and learning skills is done at your own pace. We also offer our Adults the opportunity to compete in our In-House events if competitions sound like your cup of tea.

More information: [ymcafitness.com/gymnastics](https://ymcafitness.com/gymnastics)



PROGRAM BREAKDOWN

All children under 4 years of age or in Family Gym must have a guardian participating in class with them.

KinderGym		
<b>Gym Bubs</b> Crawlers - 2.5 years	45 minutes	YMCA offers an inviting and safe environment for our Gym Bubs and their parents to explore, play, grow, and learn in. This class is guardian assisted and gives you that bonding time with your child.
<b>Gym Tots</b> 2.5 years - 4 years	60 minutes	This is a structured class with hands on parent involvement. Our Gym Tots classes are a continuing extension of our Gym Bubs program where our Tots further explore and discover their abilities. Here they will grow and learn through fun play, teaching them balancing, locomotion, spatial awareness and social skills - giving them a head start to kindy. Our theme-based classes are a fun and creative way to learn with your child.
<b>Gym Kids</b> 4 years	60 minutes	This class is for our kindy kids! This is a transition class where the parents start to step away and we encourage independent learning. Our qualified coaches have developed lessons to cater for our pre-prep children. Within our 1 hr class children are given opportunities to gain confidence, work on their independence and develop social skills that will help them get ready for school.
<b>Family Gym</b> Crawling - 5 years	60 minutes	An hour-long class developed to assist parents who have more than one child. Bring both children along at the same time and experience our wonderful world of KinderGym.
<b>Prep Ready</b> 4.5 - 6 years (enrolled in school)	60 minutes	A beginner class for Prep -age children. This is an introduction to our Steps classes where they develop the key foundation movement patterns required to give any child a head start in life. Our movement stations include climbing and swinging to jumping, rolling and balancing. We also work on the child's ability to follow instruction and cognitive understanding. Classes also focus on coordination, basic conditioning, basic tumbling & vaulting.
<b>Gym Play</b> (casual drop in session)	60 minutes	Kids have energy to burn? These sessions are great for that free play experience. Great for parent's groups or a rainy day. Casual drop in sessions at \$10 a visit. Monday to Friday from 12pm - 1pm. These times may change during Christmas Holidays so please check with the centre.



PROGRAM BREAKDOWN

The following table shows class level, ages and steps for students beginning in Pre-Levels and the early National Levels.

Y Steps		
<b>Step 1</b> Average age 6-7 yrs	60 minutes	A beginner class for School-age members without gymnastics experience. Classes are 60mins long, held one day per week. Classes focus on coordination, basic conditioning, basic tumbling & vaulting.
<b>Step 2</b> Average age 7-8 yrs	60 minutes	A beginner class for 7+ yrs (any age above), or for young members (6yrs+) with some experience (completed STEP 1). Classes are 60mins long and held once per week. Classes focus on coordination, basic conditioning, basic tumbling & vaulting.
<b>Step 3</b> Average age 8-10 yrs	60 minutes	A class for members who have completed STEPs 1 & 2, or for experienced older students. Classes are 60mins long and held once per week. Recommended twice a week for children keen to progress quicker. Classes focus on conditioning, climbing, tumbling & vaulting.
<b>Step 4</b> Average age 10+	90 minutes	A class for members who have completed STEPs 2 & 3, or for experienced older students. Classes are 90 minutes long. Members can elect to attend two classes per week. Classes focus on conditioning, climbing, intermediate tumbling & vaulting. (introduction of flight-saltos). <i>*equivalent ALP Level 1- 3 skills*</i>
<b>Step 5</b>	90 minutes	A class for members who have completed STEPs 3 & 4, or gymnasts with a National Level 1 badge. Classes are 75mins long and held twice per week. Classes focus on intermediate conditioning, intermediate tumbling & vaulting, introductory balance beam, pommel horse & still rings.
<b>Step 6</b>	120 minutes	A class for members who have completed STEP 5 or gymnasts with a National Level 2-3 badge. Classes are 75 mins long and held 2 times per week. Classes focus on intermediate conditioning, intermediate tumbling & vaulting, balance beam, bars, pommel horse & still rings, & parallel bars skills.
<b>Step 7</b> Average age 10+	180 minutes	A class for members who have completed STEP 6 or gymnasts with a National Level 3- badge. Classes are 90 mins long and held 2 times per week. Classes focus on intermediate conditioning, intermediate tumbling & vaulting. (handsprings-saltos), balance beam, bars and the National Level 3 routines.
<b>Step 8</b> Average age 10+ yrs	180 minutes	Step 7-13 developing skills based from the ALP Level 4-10.



PROGRAM BREAKDOWN

GYM SPORTS		
<b>Ninja</b> 5-8 yrs 9 - 12 years	60 minutes	We know that every little boy and girl has real-life ninja powers! Children will never be bored at Ninja Gymnastics as they race, climb, crawl and jump through our ninja obstacle courses. Ninja classes offer the ultimate warrior challenge for little ninjas to build strength and agility while testing their muscles and endurance. Ninja Gymnastics classes boost children's confidence, focus and determination. The <b>time trials</b> session is purely completing the course to get your best time whereas the classes will break down the activities to help build the foundations!
<b>Tramp &amp; Tumble</b> 5 - 8 years 9 - 12 years	60 minutes	Learn how to perform cartwheels, round offs, back handsprings, layouts, whips, tucks and more along a narrow sprung floor. Gymnasts who do tumbling will develop gravity-defying acrobatic skills, first learning floor skills then moving onto aerial skills. Utilising our various different trampolines – tumble tramp, double mini & mini tramps as well as our sprung floor, learn various Gymnastic tumbling skills in a safe environment. This class is also perfect for beginner students who may be older but haven't done gymnastics before.
<b>Teen Gym</b> 12+ years	120 minutes	A fun fitness class for those coming into gymnastics a little bit later (High School), concentrating mainly on floor skills without missing out on the other Olympic Apparatus of Vault, Bars & Beam. This class is a little bit more flexible, with our coaches working with athletes to achieve individual goals.
<b>Adult Gymnastics</b>	90 minutes	For those that have always dreamed of learning Gymnastics skills and have never had the opportunity or for ex gymnasts looking to remain or return to the sport. Coaches will work through individual goals with students.
<b>Team Gym</b> 5- 10 years 10 + years	90 /120 minutes	Team Gym Is an exciting Gymnastics for All program where teams of 6 to 12 gymnasts aged 5 years and over display skills on three different apparatus: Floor, Tumbling & Mini Tramp - demonstrating effective teamwork, good technique and acrobatic skills.



# Meet Our Coaches

*A good coach will improve performance but a great coach will change a life!*

## MEET OUR COACHES



**Sarah**



**Michelle**



**Tara**



**Indigo**



**Caitlin**



**Jade**



**Alistair**



**Kira**



**Rachelle**



**Millie**



**Charlotte**



**Emma**



**Joel**



# Our Guidelines

*Bringing out the best in our kids.*

### Attending Class

Students must check in at reception before entering class. Parents are welcome to stay and wait in reception or the viewing deck. Parents are not permitted in the gymnasium during the classes Prep & above.

Gymnasts to be dropped off and collected from the door of gymnastics and NOT the car park.

### What to wear/bring

Comfortable clothing, t-shirt & shorts or leotard. Avoid clothes with buckles and laces as they can get caught in equipment and cause the child to slip or fall.

Clothing that is too loose can also get caught on equipment so avoid flowing shirts, skirts and dresses.

All jewellery and watches need to be removed as these may get caught on equipment and cause injury to the gymnast. Please also check they don't have anything hidden in their pockets.

All long hair must be tied up out of their face.

**WATER BOTTLES** are essential for children while they are training, please make sure your child brings one to class. A bubbler is located in the entry if it needs to be refilled. Food is not permitted on the gym floor.

### Photography & Social Media

Photography during the class is strictly prohibited due to child safety and protection policies. This also means phones cannot be taken into the gym.

### Siblings

Siblings not enrolled in a program are prohibited from being on the gym floor for insurance purposes. Any siblings in our foyer areas must be supervised.

### Coach Communication

If you need to speak to your child's coach please do so before or after class, if you're unable to catch them please speak with the customer care team so they can assist.

### Absences

If your child is absent please notify reception.

### Car Parking

We have our under cover parking for your convenience however please do not park in the staff parking or private parking areas.

### KINDERGYM

Shoes and socks must be removed, so the child can grip and feel the different textures and surfaces without slipping on equipment. Parents/Carers are also required to remove shoes however they are able to leave their socks on.

Parents/Carers are also asked to leave their mobile phones in their bags to ensure complete focus and assistance for the child in the class.

If you need to bring a baby sibling we require them to either be in pouch attached to the Parent/Carer or in a pram, ensuring that the Parent/Carer is able to assist with the gymnast in the class. One guardian per child (except Family Gym), the guardian must be able to assist throughout the duration of the class.

NO COFFEE OR HOT DRINKS ARE TO BE TAKEN INTO THE GYMNASIUM



# Frequently Asked Questions

*Popular questions we are asked.*

## HOW LONG DOES GYMNASTICS RUN THROUGHOUT THE YEAR?

The great thing about our centre is that we run for 48 weeks of the year keeping your children active throughout the holidays! Going away? No worries you can suspend your membership for up to 8 weeks of the year! We close for 4 weeks over Christmas and have our students renew for the following year.

## HOW DO YOU SUSPEND YOUR MEMBERSHIP?

Suspensions need to be in writing (email) to the club prior to the suspension date. You can apply for a free suspension up to 8 weeks throughout the year. Please email [suz.reilly@ymcabrisbane.org](mailto:suz.reilly@ymcabrisbane.org)

## DO WE KEEP THE SAME COACH FOR THE WHOLE YEAR?

We do our best to keep consistency with coaches throughout the program; however as we have coaches on uni placements, competitions and sick leave from time to time, there may be a change in your child's coach. Please familiarise yourself with all our friendly coaches.

## HOW DO YOU ASSESS CHILDREN ON THEIR SKILLS?

Our coaches will always ensure the children are in a class that suitable to their skill level, however we run our testing during weeks 7 & 8 of the school terms. In Term 2 and 4 the students will receive a report card on their progression and a certificate if they're moving up a class. Students may reach the next level outside of this time frame, if so members will receive notification via email, movement slip (or phone call if it requires a change in day, time and cost). We do our best to accommodate movement on your preferred day and time. We ask parents to remember that this is done with the children's best interest in mind, we understand that friendship groups are formed however we cannot guarantee they can stay together through the progression of the program.

### HOW DOES THE NEW CHARGE APPLY IF MOVING CLASS?

Our reception team will be issued with a movement slip from the coach, here you will get a confirmation of class change and if there is a difference in price you will be required to complete and sign a payment variance form.

### CAN STUDENTS DO MORE THAN ONE CLASS PER WEEK?

Absolutely! We especially encourage training more than once a week as they progress through the Steps program as this increases their strength and ability to progress quicker. Speak to our customer care team if you wish to discuss options.

### MY CHILD IS INTERESTED IN COMPETING HOW DO I FIND OUT MORE?

Please register your interest with our customer care team so we can send you more information! We hold competition try outs a couple of times a year as the competition groups are invitation only.

### CAN I USE THE GYM WHILST MY KIDS ARE IN THEIR CLASS?

We have extremely affordable gym memberships available, please see our friendly staff for more information. Alternatively if you want to attend on a casual basis while your child is in class it is \$10 per visit for gymnastics parent & guardians.

### DO YOU HOLD ANY PERFORMANCE OPPORTUNITIES FOR RECREATIONAL CLASSES?

Children in our recreational programs may have the opportunity to showcase their skills in our Steps Carnival that we host a couple of times a year. These are a great way to build children's confidence & show parents what they have been learning!

### WHAT HAPPENS IF MY CHILD IS SICK?

A credit will be provided to the account if a medical certificate is provided for the missed session within 7 days of the missed class.

### WHAT HAPPENS ON PUBLIC HOLIDAYS?

Public Holidays will be credited to your account and no classes will run on these days.

### DO YOU OFFER MAKE UP CLASSES?

We have limited spaces in our classes - see our friendly reception team for available options on your missed session.

### DO WE NEED TO NOTIFY ANYONE WHEN OUR CHILD TURNS UP FOR CLASS?

Please check in at reception. If it's your child's first class please let us know at reception prior to starting!

Please ensure that you are bringing your children up to class from the car park for safety.

### DO YOU OFFER TRIALS FOR US TO BRING ALONG A FRIEND?

We would love you to bring along a friend to experience gymnastics at the Y! New students can request a trial but must be booked in at least 24 hours prior with a completed enrolment form.

### WHATS THE DIFFERENCE BETWEEN BOYS AND GIRLS GYMNASTICS (STEP 2 UPWARDS)?

All our classes include skills that include coordination, strength, balance and stamina however as they progress we have separated our girls and boys so they can focus on more gender-based apparatuses such as beam and uneven bars for the girls and parallel bars, high bar and rings for the boys.

### COULDN'T FIND WHAT YOU'RE LOOKING FOR?

Our team is here to help. You can always contact YMCA Bowen Hills Gymnastics team via

Phone: 3851 8800

Email: [bowenhills@ymcabrisbane.org](mailto:bowenhills@ymcabrisbane.org) or [katarina.littlejohn@ymcabrisbane.org](mailto:katarina.littlejohn@ymcabrisbane.org)

*Don't forget to collect your free YMCA gymnastics t-shirt each year*

## Y BIRTHDAY PARTIES

Yes we do hassle free, action packed kids birthday parties! We're kitted up to host birthday parties and events that won't be forgotten. Theme your celebrations with a particular activity or tell us what you're after and we'll help make it happen. Our qualified gymnastics coaches will guide your children as they jump on trampolines, swing on bars, play games and land in our giant foam pit!



## GYM ACCESS

Exercising while your child is in class is the perfect time to make time for your own health and fitness needs! Ask us about our affordable membership rates or casually use the gym while your child is in class for a discounted casual rate of \$10 per session!

## Y PARENTS NIGHT OUT

Keep an eye out for our Parent's Night Out throughout the year. The kids have a ball coming along with their gymnastics buddies as the parents get a well earned break! Open to non members also!

