

GYMNASTICS 2024



INFORMATION GUIDE

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STARplex Gymnastics

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STARplex Reception: 8522 0622

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WELCOME TO **GYMNASTICS** at STARplex

Our Gymnastics program provides a friendly and safe learning environment for children of all abilities aged 3 years and over. We aim to provide children with fundamental skill progressions, through the programs offered. All children are provided with the opportunity and support to improve their gymnastics ability through a variety of activities within the gymnastics program.

FEE PAYMENT

All membership / program fees are paid via Direct Debit with transactions occurring on a fortnightly basis, fees varying depending on the level and length of sessions and can be found on the next page.

STARplex is a Gymnastics SA affiliated club. Hence all students must pay Gymnastics SA fees. This fee will be charged with the first direct debit of the year and is valid until the end of the calendar year. Please refer to the Gymnastics Terms and Conditions and Frequently Asked Questions for further information on our website.

ABOUT US

All of the gymnastics coaches have previous gymnastics experience, and many are ex- gymnasts who previously trained at STARplex. If you have any questions or concerns regarding the program, please speak directly to the Head Gymnastics Coach Ally.

KEY CONTACT DETAILS

STARplex Reception: 8522 0622

STARplex Courts: 8522 0657

Allison.Shaw@starplex.com.au (Head Coach)
courts@starplex.com.au

CLASS TIMETABLE

PROGRAM	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
POCKET ROCKETS				9.00AM - 9:45AM
LITTLE LEAPERS	4PM - 4.55PM	4PM - 4.55PM	4PM - 4.55PM	
RECREATION (Stage 1-3)	4PM - 4.55PM 5PM - 5.55PM	4PM - 4.55PM 5PM - 5.55PM	4PM - 4.55PM 5PM - 5.55PM	9:50AM - 10:45AM
RECREATION (Stage 4-6)	5PM - 6:25PM 6PM - 7:25PM	5PM to 6.25PM	5PM to 6.25PM	9:50AM to 11:15AM 10.45AM – 12.10PM
INTERMEDIATE			6PM - 8PM	
JUNIOR PERFORMANCE <i>2 sessions/week</i>	6PM - 7:25PM	6PM - 7:25PM		10.45AM - 12.10PM
PERFORMANCE <i>2 sessions/week</i>	6PM - 7:25PM	6PM - 7:25PM	6PM - 8PM	10.45AM - 12.10PM
JUNIOR DEVELOPMENT <i>3 sessions/week</i>	5PM - 6:25PM	5PM - 6:25PM	5PM - 6:25PM 6PM - 7.25PM	10.45AM - 12.10PM
SENIOR DEVELOPMENT <i>3 sessions/week</i>	6PM - 7.25PM		6PM - 8PM	10.45AM - 12.10PM

PROGRAM	2024 FORTNIGHTLY PRICING EXCLUDING INSURANCE	
POCKET ROCKETS	\$38	
LITTLE LEAPERS	\$38	
RECREATION	Stage 1-3 \$38	Stage 4-6 \$48
INTERMEDIATE	\$54	
JUNIOR PERFORMANCE	\$72	
PERFORMANCE	\$79	
JUNIOR DEVELOPMENT	\$95	
SENIOR DEVELOPMENT	\$100	

All gymnastics members are required to pay \$100 Insurance on commencement (valid until 31st December 2024).

WHAT TO WEAR

Uniforms are optional for all gymnastics programs.

T-shirts: \$25

Hoodie: \$65

Uniforms are not available at STARstore. Please pay for all t-shirts and hoodies at reception and take receipt to Ally (Head Coach) to collect from gymnastics area.

The below uniform sets are custom order, placed in the first week of every month (take 4 weeks to arrive). Please order directly with Ally.

Crop top, leotard, bike shorts & hair scrunchie set	\$95
Leotard, bike shorts & hair scrunchie set	\$75
Crop top, bike shorts & hair scrunchie set	\$70
Leotard only (plus scrunchie)	\$45
Crop top only (plus scrunchie)	\$30
Bike shorts only (plus scrunchie)	\$45
Boys singlet top & shorts set	\$70
Boys shorts only	\$40

We also ask that during your child's session:

- Shoes and socks off
- Long hair must be tied back
- No shorts/pants with zips or metal buttons
- No jewellery to be worn (including watches)

ASSESSMENTS

Children in Stages 1 - 6 are assessed at different times throughout the term. Children will receive certificates for the completion of each stage. Encouragement certificates are also awarded throughout the term.

When children train in the Intermediate program and above, the gymnasts are grouped according to ability. STARplex Gymnastics hosts an in- house competition for the Intermediate and Performance Teams in Terms 2 and 4 each year.

GENERAL GUIDELINES

We ask that you please discuss the following guidelines with your child/ren.

- Please ensure that your child signs in at reception before every session.
- Gymnastics equipment and the floor area are not to be used until children are directed onto the floor for the commencement of the session.
- When rotating to each apparatus walk around matting – please no running.
- Be respectful to other children and coaches.
- Parents please supervise siblings and other children that are not participating. **Siblings not participating in the gymnastic program cannot play on the equipment or the other courts.**

2024 KEY DATES

2024 Gymnastics starts on Tuesday 30th January.

STARplex Gymnastics is a 44 week per year program with classes conducted during the school term and in the first week of each school holiday period.

- Tuesday 30th January to Saturday 20th April
- Tuesday 30th April to Saturday 13th July
- Tuesday 23rd July to Friday 4th October
- Tuesday 15th October to Saturday 14th December

There are no classes in the second week of school holidays. These dates are:

- Tuesday 23rd April to Saturday 27th April
- Tuesday 16th July to Saturday 20th July
- Saturday 5th October to Saturday 12th October

The final week for 2024 gymnastics classes concludes on Saturday 14th December.

Classes do not run on public holidays or long weekends. The dates that classes will not be held are:

- Saturday 9th March (Adelaide Cup Day – Monday 11th March)
- Friday 29th March (Good Friday)
- Saturday 30th March (Easter Saturday)
- Saturday 8th June (King's Birthday Monday 10th June)
- Saturday 5th October (Labour Day Monday 7th October)

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GYMNASTICS PROGRAM PATHWAY

POCKET ROCKETS (3 YEARS 6 MONTHS TO 5 YEARS 6 MONTHS)

The Pocket Rockets program is designed to introduce children aged 3 years 6 months up to 6 years old to the sport of Gymnastics. Children will be able to explore the world of gymnastics whilst building their confidence and motor skills. Children will develop strength, coordination, body control, flexibility, as well as life skills of resilience, taking turns and challenging themselves

LITTLE LEAPERS (4 YEARS 9 MONTHS TO 6 YEARS)

Little Leapers is a program for children aged 4 years 9 months up to 6 years old. The class is run in a similar structure to Pocket Rockets, gaining fundamental skills. However, the class is a 55 minutes session and runs amongst a Recreation class.

RECREATION STAGES 1-3 (5+ YEARS)

The Recreation Stages 1-3 classes are suitable for participants from 5 years of age, beginner or novice level. The gymnastics classes are fun, whilst developing skills such as jumping and landing, shapes, balance and coordination. Children have the opportunity to learn skills on a variety of apparatus, including uneven bars, floor, trampoline, beam, air track, and vault.

RECREATION STAGES 4-6

The Recreation Stages 4-6 are a progression for children who have completed Stages 1-3. Children in this class will continue to improve their strength and gymnastics ability, and work towards intermediate skills.

INTERMEDIATE

Gymnasts are selected to train in the Intermediate team. Children develop their Gymnastics skills including strength, flexibility, fitness and learn aerial awareness as well as advanced skills and routines.

JUNIOR PERFORMANCE

Gymnasts are selected to train twice a week in the Junior Performance team. (Invitation only)

PERFORMANCE TEAM

Gymnasts are selected to train twice a week in the Performance team. (Invitation only)

JUNIOR DEVELOPMENT

Gymnasts are selected to train three sessions a week in the Junior Development team. (Invitation only)

SENIOR DEVELOPMENT

Gymnasts are selected to train three sessions a week in the Senior Development team. (Invitation only)