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2026 GYMNASTICS

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Information Guide

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.

OUR COACHES

All coaches have had 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 Shaw.**

CONTACT DETAILS



STARplex Reception 8522 0622
STARplex Courts 8522 0657



allison.shaw@starplex.com.au
gymnastics@starplex.com.au

GYMNASTICS PROGRAMS

MINI SPRINGERS

\$32

POCKET ROCKETS

\$40

RECREATION

Stage 1-3

\$42

Stage 4

\$54

Stage 5+

\$59

JUNIOR

PERFORMANCE

\$98

SENIOR

DEVELOPMENT

\$126

All gymnastics members are required to pay \$100 Insurance & Registration on commencement (valid until 31st December 2026).

2026 FORTNIGHTLY PRICING EXCLUDING INSURANCE

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.

STARplex is a Gymnastics SA affiliated club. 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 on our website.

WHAT TO WEAR

Uniforms are optional for all gymnastics programs.

T-shirts: \$30 / Hoodie: \$75

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.

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

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)

Crop top, leotard, bike shorts & hair scrunchie set \$100

Leotard, bike shorts & hair scrunchie set \$80

Crop top, bike shorts & hair scrunchie set \$75

Leotard only \$50

Crop top only (plus scrunchie) \$35

Bike shorts only \$45

CLASS TIMETABLE

GYMNASTICS PROGRAMS	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
MINI SPRINGERS (3 - U5 Yrs) 30mins				8:30AM - 9:00AM
POCKET ROCKETS (5 - U6 Yrs) 40mins				9:05AM - 9:55AM
RECREATION (Stage 1-3) 55mins	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) 1hr, 25mins	5PM - 6:25PM	5PM to 6.25PM	5PM to 6.25PM	9:50AM - 11:15AM
RECREATION (Stage 5+) 1hr, 45mins	6PM - 7:45PM	6PM - 7:45PM	6PM - 7:45PM	10:45AM - 12:30PM
JUNIOR PERFORMANCE 1hr, 45mins (Choose 2x sessions per wk)	6PM - 7:45PM	6PM - 7:45PM	6PM - 7:45PM	10:45AM - 12:30PM
SENIOR DEVELOPMENT 1hr, 45mins (Choose 3x sessions per wk)	6PM - 7.45PM	6PM - 7.45PM	6PM - 7.45PM	10:45AM - 12:30PM

ASSESSMENTS

Children in Recreation Stages 1–4 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.

Starplex Gymnastics hosts In-house comps for student from stage 4 and above (invitation only for lower levels).

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.

2026 KEY DATES

STARplex Gymnastics is a 43 week per year program with classes conducted during school terms and in the first week of each school holiday period.

TERM 1: Tuesday 27 January - Saturday 18 April

TERM 2: Tuesday 28 April - Saturday 11 July

TERM 3: Tuesday 21 July - Saturday 3 October

TERM 4: Tuesday 13 October - Saturday 12 December

NO CLASSES - Second week of the school holidays.

- Tuesday 21 - Saturday 25 April
- Tuesday 14 - Saturday 18 July
- Tuesday 6 - Saturday 10 October

FINAL WEEK Concludes on Saturday 12 December

Classes do not run on public holidays or long weekends (credit will be applied to classes affected). The dates that classes WILL NOT be held are:

- Saturday 7 March (*Adelaide Cup Day Monday 9 March*)
- Friday 3 April (*Good Friday*)
- Saturday 4 April (*Easter Saturday*)
- Saturday 6 June (*King's Birthday Monday 8 June*)
- Saturday 3 October (*Labour Day Monday 5 October*)

GYMNASTICS

PROGRAM PATHWAY

MINI SPRINGERS

(3 YEARS TO UNDER 5 YEARS)

Mini Springers program is designed to introduce children aged 3 years to 5 years of age to the sport of gymnastics.

A fun parent/carer led gymnastic class introducing basic gymnastics whilst building their confidence and motor skills. Children will develop coordination, body control as well as life skills of resilience, taking turns and challenging themselves.

POCKET ROCKETS

(5 YEARS TO UNDER 6 YEARS)

The Pocket Rockets program is designed to introduce children aged 4 years to under 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.

RECREATION STAGES 1 - 3 (FROM 5 YEARS, 6 MONTHS)

The Recreation Stages 1-3 classes run for 55 minutes and are suitable for participants from 5 years, 6 months 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

Recreation Stages 4 is 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. Sessions increase to 1hr, 25 minutes.

RECREATION STAGES 5+

Recreation Stages 5 is a further progression for children who have completed Stage 4 and extend to 1hr, 45 minutes per session.

JUNIOR PERFORMANCE

Gymnasts are selected to train twice a week in the Junior Performance team (invitation only).
Each session runs for 1hr, 45 minutes.

SENIOR DEVELOPMENT

Gymnasts are selected to train three sessions a week in the Senior Development team (invitation only).
Each session runs for 1hr, 45 minutes.