

Casey Gymnastics and the Berwick Leisure Centre welcome you to:

Specialised GymSports

We hope that your child enjoys the program just as much as we enjoy delivering it!

About the GymSports:

Trampoline Sports (5+ years): Designed for school aged children. Develops confident body movements. Develops strong aerial awareness. Beginner levels have a strong emphasis on technique and safety landings. Advanced classes focus on combining skills, somersaulting and twisting.

Rhythmic (5+ years): Rhythmic gymnastics is a sport that combines various elements of ballet, gymnastics, dance, and apparatus manipulation. Individuals, or teams of 5, manipulate one or two pieces of apparatus: clubs, hoop, ball, ribbon and rope.

Frequently Asked Questions:

What should my child wear to their gymnastics class?

Your child should wear clothing they feel comfortable in and can move freely in. Please be aware that we do not allow children to wear shoes, socks, jewellery (studded earrings excepted), denim, belts or buckles, dresses or stockings in the gym.

What do we need to do before class?

We advise that all gymnasts arrive at least 10 minutes before their class and sign in at reception with their membership card. We ask that all gymnasts:

- Bring to class a full drink bottle (water only).
- Socks or trampoline shoes for **Trampoline classes**.
- Wear their hair neatly tied back off their face.
- Visit the bathroom before class.
- Enjoy a small healthy snack (e.g. a piece of fruit or a muesli bar) before participating in gymnastics.

Do I need to remain in the centre while my child participates?

No. However, we strongly suggest that parents/carers remain at the centre for the first class, to ensure your child feels comfortable while they settle into the new environment.

Parents of children **under 10 years old** are required to pick up and drop off from **inside the centre**.

Children under 10 years of age will not be permitted to leave the centre without a parent/carer. Collecting your child from the car park poses a significant risk to your child's safety, as they are unsupervised. It also denies your child's coach the opportunity to speak to you regarding the progress of your child.

When will my child progress into the next level/class?

Every child is unique and will progress at a different rate.

We offer a participation based program which focuses on and celebrates individual achievement. Generally each class is designed to take approximately a year to complete. In the higher levels a greater amount of time is required to master more complex and difficult skills. Coaches will consistently assess gymnasts' skill level throughout classes.

If you have questions or concerns regarding your child's progress, we strongly encourage you to speak directly to your child's coach.

Who will my child's coach be?

At Casey Gymnastics, we value consistency in coaching. At all times we endeavour to roster on the same staff member to each class however this may change as we move through each year.

Occasionally, our coaches will have an unavoidable commitment or illness and a replacement coach will be arranged. All of our replacement coaches are suitably experienced and qualified and will follow a lesson plan prepared by your child's regular coach.

What club events can my child participate in?

Every year we hold a number of different events that are open to our Gymnastics participants. Make sure you like us on Facebook to keep up to date with upcoming events. Alternatively, there are posters and signage around the facility to inform families of upcoming events.

Events are not compulsory, but are a fun and exciting way to become more involved in the Casey Gymnastics family!

Who can I speak to regarding the Gymnastics program, should I have feedback or concerns?

We strongly encourage you to speak with your child's coach on the day should you have a question or a concern regarding your child's class. At all times we endeavour to provide flexibility within our program, altering activities based on parent/carer feedback where appropriate. Alternatively, you may wish to contact our Gymnastics Coordinator. Contact can be made via customer service. We strive to deliver the best program possible and all constructive feedback is warmly welcomed.