

Tumbling provides children with a strong foundation in movement and physical preparation required in all sports and everyday life.

High Flyers recreational program for 5-12 year olds teaches children basic skills using all tumbling apparatus. Skills are taught progressively through circuits and other activities, and assist in improving strength, flexibility, balance and co-ordination. All in a positive, fun, safe environment!

Basic skills will be taught for beginners to obtain L1 and L2 skills. Then level 3 and 4 skills will intermediate level.

It is requirement for the rec beginners class a participant must be able to do forward/backwards rolls and cartwheels unaided.

It is a requirement for the advanced class you must be able to perform a round off backflip.

High Flyers has a full length sprung tumble strip with a powertrak run alongside. Plus a 20 metre air track.

We do have a competitive stream that trains throughout the year and competes nationally as well as within WA. You will be invited to these groups if you wish to compete or at a level suitable for this squad.

The sport of tumbling;

Competitors perform two voluntary passes. A tumbling pass demonstrates forward, backward and sideward hands to feet and feet to feet rotational elements. The elements should be presented showing good control, form, execution and maintenance of tempo

In elite tumbling, passes consist of eight skills performed on a 25 metre sprung floor.

In age group and levels tumbling, passes consist of five skills (short-track) that could be performed on a modified tumbling floor.

Tumbling is competed at local, state and national level within Australia, and also internationally.

Credit policy: If your child is new to High Flyers and finds that he/she is not enjoying the class within the first three weeks we do offer a refund pro-rata amount of fees as at the date we have been informed. Please see reception.

CLASS DAYS AND TIMES FOR REC

DAY	AGE GUIDE	TIME
Tuesday	Rec Beginners	4-5pm
	Rec Intermediate	5-7pm
Wednesday	Rec Beginners	4-5pm
	Rec Intermediate	5-6pm
Thursday	Rec Beginners	4-5pm
	Rec Beginners (8yrs plus)	4-5.30pm
	Rec Intermediate	5.30-7.30pm
Saturday	Rec Beginners	10-11am
	Rec Intermediate	10-11.30am

This is a rough guide; your child will be assessed during the first lesson to make sure they are in the correct group.
Any queries please see reception or the coach after the lesson.

FEES: Term fees

1 hour class	10 week term costs \$195.00
1.5 hrs	10 week term costs \$292.50
2 hrs	10 week term costs \$380.00

Competitive rates please see the desk.

Discounts available for more than one child.

Please see front desk for details.

Insurance and Registration

Gymnastics WA \$20 per term.

New members one off joining fee: \$27.50 per family



High Flyers Club Rules

For the safety and enjoyment of all please note and adhere to the following:

- Gymnastic training area is restricted to TUMBLERS AND STAFF ONLY.
- Athletes must wait in the foyer area until called for their class.
- Spectators must not distract athletes or coaches during a class. All queries must be forwarded to reception.
- Children not participating in classes are not permitted on the equipment at any time.
- Chewing gum is not permitted in the gym.
- Food or drink is not permitted near the equipment.
- Children with long hair must have it tied away neatly from face and eyes.
- No jewellery, apart from studs, may be worn during class – for the protection of participants and equipment.
- Parents must inform coaches of any medical conditions relating to their child.
- Athletes must behave appropriately and follow the rules of participation as set out by the coach. Disruptive behaviour will not be tolerated.
- Athletes must be collected by parents/guardians from inside the hall.
- Non-participating children remain the responsibility of the parent/guardian.

These rules apply to: Tumblers, Parents, Guardians, Non-participating children, Coaches and Volunteers.

WHAT TO WEAR AND BRING TO TUMBLING

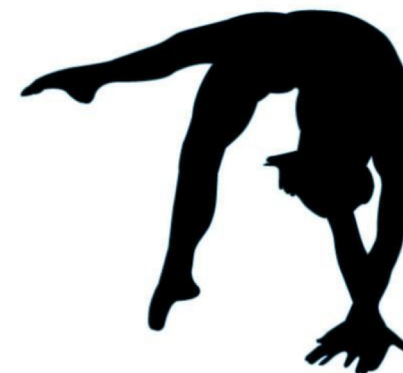
- Leotards, shorts, t-shirts and tracksuits are all suitable for tumbling.
- Jeans, school uniforms, and clothing with buttons, belts, zippers and buckles must not be worn.
- Bring a drink of water – no fizzy drinks please.



TUMBLING PROGRAM

5-16 YR OLDS

GENERAL INFORMATION



26 and 29 DELLAMARTA RD, WANGARA, WA 6065

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