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

High Flyers Recreational Program for 5-16 year olds teaches children basic skills using all gymnastic and Trampolining 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!

These groups are for home school children and are a great way of meeting fellow home schoolers.

Please wear sporty clothing (no denim) with long hair tied back and bring socks and a drink with you.

Lessons are run term time only and ratio of maxuim of 1 coach per 10 children

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

DAY	AGE GUIDE	TIME
Tuesday	5-16 years	1-2.30pm

FEES: Term fees

1.5 hour class - 10 week term costs $155.00

Please see front desk for details.

Insurance and Registration

Gymnastics WA insurance $20 per term.

New members one off joining fee: $27.50 per person

PLEASE REMEMBER TO BRING SOCKS
AS THEY ARE REQUIRED FOR THE TRAMPOLINES.

Gymnastics
Western Australia

High Flyers Club Rules

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

- Gymnastic training area is restricted to GYMNASTS AND STAFF ONLY.
- Gymnasts must wait in the foyer area until called for their class.
- Spectators must not distract gymnasts 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.
- Gymnasts must behave appropriately and follow the rules of participation as set out by the coach. Disruptive behaviour will not be tolerated.
- Gymnasts must be collected by parents/guardians from inside the hall.
- Non-participating children remain the responsibility of the parent/guardian.

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

WHAT TO WEAR AND BRING TO GYMNASTICS…

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

Highflyers
Trampoline & Gymnastics Academy

HOME SCHOOL PROGRAM
5-16 YRS OLDS

GENERAL INFORMATION

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