

CLASS DAYS AND TIMES

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

FreeG (also known as Parkour) fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performances and stunt actors and trickers.

FreeG gets your body moving in ways never thought possible. It will get your heart racing and develop a heightened sense of spatial awareness that can be put to good use in a variety of other sports (including. boarding, biking, skiing, climbing and surfing).

Skills will be taught, but we are not looking for pointed toes, we're looking for your rendition while keeping safety in mind.

If you want a free play type session then please come to extreme gymnastics or the open gymnastics where the classes are less structured, but still have qualified coaches to keep an eye on safety.

DAY	AGE GUIDE	TIME
Mon	5-12yrs	6.00-7.00pm*

FEES:

1 hour class Monthly fee \$95.00

Discounts available for more than one child.
Please see reception for details.

Insurance and Registration

Gymnastics WA \$80 per year.

New members one off joining fee: \$22.50 per person.

*Minim of 5 per class to run.

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. All recreational classes are charged and run monthly with breaks from mid Dec to mid January, and one week over Easter weekend. Make up tokens are available please see website or reception for more details.



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.



RECREATIONAL FREEG (ALSO KNOWN AS PARKOUR) PROGRAM

5-16 YR OLDS

GENERAL INFORMATION



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