

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

High Flyers Recreational Team Gym Program for 10 plus year olds teaches children skills using all floor, tumbling and mini trampoline apparatus. Skills are taught progressively through circuits and other activities, and assist in improving strength, flexibility, balance and co-ordination. This is all done in a positive, fun, safe environment! Google TeamGym and see what you can do within the program, each state is slightly different but all work to the same guidelines.

Do you love doing saults, flips and want to represent your club as part of a team? Then forget everything that you imagine Gymnastics is and break the rules with TeamGym.

The TeamGym program provides a pathway for recreational and elite gymnasts. The path is open all the way to the top to international TeamGym. TeamGym was originally developed in Northern Europe where it is a highly popular sport and it is now expanding to other continents.

Gymnasts compete in teams of 6-12 participants to showcase their skills and work together to provide performances that will have the audience on the edge of their seats

All 3 apparatus are performed to music making it an exciting and engaging competition for spectators and teams. Teams can compete at 3 levels and can be single gender or mixed with no restrictions on age groups.

Never used a single mini trampoline before or not interested in learning a floor routine, you just want to practice your tumbling skills? No problem, participants can pick and choose which performances they want to be part of as long as there are a minimum of 6 for each performance.

From our recreational program we talent ID all the gymnasts. If selected they will have the opportunity to join the competitive program squad working from ALP levels 1 to 10 or trampoline or tumbling competition squads.

## CLASS DAYS AND TIMES

DAY	AGE GUIDE	TIME
Thur	10 yrs plus	6-8pm

### FEES:

2 hrs

Monthly fee \$179.00

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...

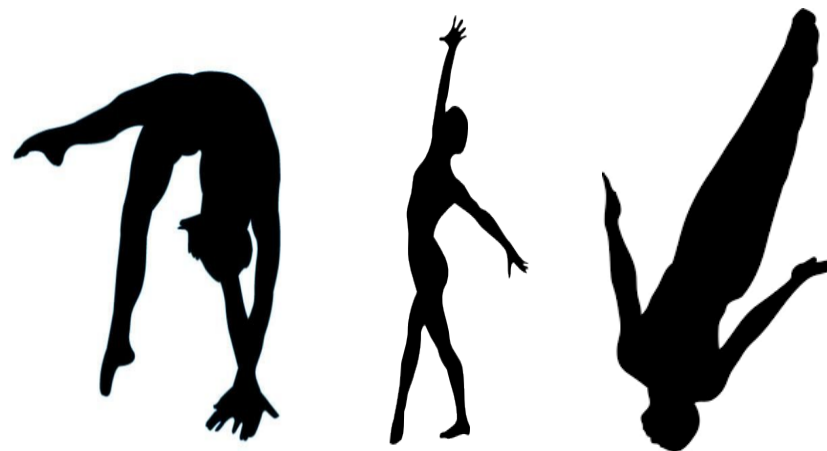
- Leotards, shorts, t-shirts and tracksuits are all suitable for gymnastics.
- Jeans, school uniforms, and clothing with buttons, belts, zippers and buckles must not be worn.
- Bring a drink of water – no fizzy drinks please.



## **RECREATIONAL AND COMPETITIVE TEAMGYM PROGRAM**

**10 YR OLDS PLUS**

### **GENERAL INFORMATION**



48b LUISINI RD, WANGARA, WA 6065

9309 3500 (GYM)

[highflyers1@bigpond.com](mailto:highflyers1@bigpond.com)

[www.highflyerswa.com](http://www.highflyerswa.com)