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# GYMNASTICS PARENT HANDBOOK

**YMCA**  
**MOONEE VALLEY**  
GYMNASTICS CLUB

101 Cooper St, Essendon VIC 3040  
p: 9337 4488  
w: [mooneevalley.ymca.org.au](http://mooneevalley.ymca.org.au)







WELCOME TO  
OUR GYMNASTICS  
PROGRAM AT  
MOONEE VALLEY.



A young girl with blonde hair, wearing a pink leotard, is captured in a dynamic pose on a blue mat. She is leaning forward with her arms extended, performing a gymnastic move. The background is a solid red color.

***Thank you for choosing the Y at Moonee Valley  
as your gymnastics provider.***

The Y's Gymnastics program at Moonee Valley is affiliated with both Gymnastics Victoria and Gymnastics Australia.

Gymnastics is a launchpad for many sports including football, basketball and swimming because of how gymnastics develops strength and conditioning, balance, coordination, and flexibility. Our centre offers a welcoming and supportive environment and allows its participants to thrive.

Our qualified staff will guarantee that your child has every opportunity to learn and develop within gymnastics in a friendly and supportive environment.

To ensure you maximise your gymnastics membership we encourage you to read the information contained in this handbook and visit the gymnastics page on our website.

# COMMUNICATING WITH YOU

We will communicate with you regularly about your child's progress, as well as the program. Communication will occur through different channels including one formal Coach Feedback Session per year, where you can speak with your child's coach about their progress.

Information regarding your child's progress will also be made available to you by your child's coach on a regular basis. Each coach is available for 5-minutes after each class for any questions you may have.

General information about the program will be provided electronically through email or in-centre.

# STAFF HERE TO ASSIST YOU

There are specialised coaches available during peak programming. The role of this coach is to assist other coaches on the gymnastics floor during programming as well as to assist families and children with what might arise. They are your go to for any questions you may have about the Gymnastics Program.

You can find these coaches at the admin desk.

# COACHES

Our coaches are all accredited with Gymnastics Australia Coaching Qualifications. All coaches hold CPR, Child Protection Training and a Working with Children Check.

All of our Gymstar coaches also undergo additional training to become an accredited judge.

Coaches regularly undergo training and professional development workshops to ensure coaching remains consistent and at the highest level.



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Go Anywhere!

v.gymnasticsvictoria.org.au

FLOOR

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# WHAT TO BRING/WEAR

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 excluded), denim, belts or buckles, dresses or stockings in the gym.

Below is a list of items that parents are encouraged to bring to make gymnastics easier for you and your child.

- Comfortable clothing your child can move freely in
- Drink Bottle (water only)
- Spare clothing if needed for change if accidents occur
- Any Medication necessary including epipens and ventalin

*Leotards, Club T-shirts and Jumpers are available for purchase through our Perfectgym portal.*

# WHAT TO DO BEFORE CLASS

We ask that all gymnasts arrive 5 minutes before their class and wait on the side off the gymnastics equipment.

We ask that all gymnasts:

- 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.



# THE START OF A LESSON

Gymnasts will be asked to place their shoes on the rack and line up at the door to wait for their class to start. Gymnasts should not be entering the gymnastics floor and equipment space without instruction from a coach.

All gymnasts will participate in a group warm up/stretching for the first 15 minutes of the lesson before they are broken off into their class groups and led around their circuits.

At the conclusion of your child's class gymnasts will be dismissed from inside the gymnastics space if parents are present or collected from the top of the stairs.

# MOVING UP A LEVEL

Assessing the skill progression of each child is a continuous process that occurs each week. The coach will decide when a child is ready to move up based on their ability to perform 80-90% of the skills assigned to that level.

You will be given regular feedback on your child's progress. When ready to move up a level your child will receive a certificate to show all their family and friends. We will then assist you to find a time and day that suits you in the next level.

Information relating to your child's progression can be seen on our customer portal.



# GYMNASTICS LEVEL CHART

## Recreational Gymnastics Program

**PreGym 1 (Assisted)**  
1 - 2 years • 45 minutes

**PreGym 2 (Assisted)**  
2 - 3 years • 45 minutes

**KinderFun (Unassisted)**  
4 - 5 years (must be in Kinder) • 55 minutes

**GymBasics**  
5 - 6 years (must be at school) • 55 minutes

**GymFun**  
6 - 8 years • 55 minutes

**GymSkills**  
8 - 10 years • 55 minutes

**GymSkills Intermediate**  
10 - 12 years • 85 minutes

**GymSkills Advanced**  
12+ years • 115 minutes

## GymStar Competitive Program

**GymStar Junior**  
GymStar Level 2 • 85 minutes

**GymStar Beginner**  
Gymstar Level 3 • 85 minutes, twice a week

**Intermediate**  
Gymstar Level 4 • 115 minutes, twice a week

**GymStar Senior**  
Gymstar Level 5-6 • 115 minutes, twice a week



## Casual Programs

**PlayGym (Casual)**  
9 months - 5 years • 45 minutes

**Gym4All**  
10+ years • 1 hour

**Adult Gym (Casual)**  
18+ years • 1.5 hours

## Accessible Programs

**All Abilities**  
5+ years (additional needs) • 45 minutes

**Special O**  
8+ years (additional needs) • 1 hour



# MAKE UP CLASSES

If your child misses their usual class and you advise us with at least 2 hours-notice that you can't attend, you are eligible for a make-up class. Members will have 90 days to use a make-up class. After this period the make-up class will expire.

Members can access a maximum of four make-up classes per calendar year.

**A make-up class allows your child to participate in another class of the same level.**

Make-up class availability is dependent on vacancies in other classes. We wish we could, but unfortunately we can't always give you the same teacher or a time that you may ideally prefer.

More information around make up classes is available on our website.

# SUSPENSIONS

Due to the nature of programming, non-medical related suspensions are not available for gymnastics.

If you are unable to attend a class due to non-medical related reasons please see details around make-up lessons above.

If you are unable to attend a class due to medical related reasons, provided a minimum of 2-classes are missed we can apply a medical suspension. Medical suspensions will need to be submitted in writing to [mooneevalley@ymca.org.au](mailto:mooneevalley@ymca.org.au), along with a valid medical certificate covering a minimum of 2-classes.



# PROGRAM PAYMENT INFORMATION

The Gymnastics program runs for 42 weeks of the year. Payment for classes is made by fortnightly direct debit. All program fees are calculated on a fee per class schedule. Where there are no classes in operation over public holidays and for one week of the school holidays, you will have an adjusted debit on these dates to reflect no class.

Every student must be enrolled with Moonee Valley YMCA Gymnastics Club. This membership fee is an annual fee of \$60.00 which is paid within the first month of enrollment through our Direct Debit system. This fee includes that which registers all athletes with Gymnastics Victoria.

# DROP OFF AND COLLECTION POLICY

Please note that all children participating in gymnastics under the age of 10 years require a parent or guardian to accompany them to and from their program from inside the centre.

We strongly encourage this practice for children above the age of 10 years, however recognise that this is at the discretion of each parent / guardian.

This policy is in line with the Y's commitment to the safeguarding of children and young people.



# GYMSTAR PROGRAM

Gym Star is a competitive gymnastics program providing gymnasts with an opportunity to compete in gymnastics competitions in a positive and supportive environment. The Gym Star program at Moonee Valley Gymnastics Club encourages gymnasts to develop resilience, improve skill technique and encourages positive interactions with their teammates.

Our Gym Star program requires a minimal number of training hours per week and is an all-inclusive program for both male and female gymnasts across a range of apparatus including Beam, Bars, Vault, Floor, Rings, and P-bars. Within the Gym Star program, emphasis is placed on skill execution and routines, in addition to the development of new skills.

## Gym Star Competitions

Gymnasts in the Gym Star program are expected to attend competitions in various locations across Melbourne. These competitions are great opportunities for gymnasts to develop and perform their skills.

The competition season is generally held between June and October and are usually held on Sundays. Gym Star participants are expected to attend a minimum of 2 competitions per year.

## Training Schedule

Level Hours Per Week Day:

### GymStar Junior (level 2)

1 x 1.5-hour session Monday at 5:30 pm

### GymStar Junior (level 3)

2 x 1.5-hour sessions Monday & Wednesday at 4 pm

### GymStar Intermediate (level 4)

2 x 2-hour sessions Monday at 5:30 pm and Tuesday at 5 pm

### GymStar Senior (level 5/6)

2 x 2-hour sessions Monday and Wednesday at 5:30 pm

Gymnasts in GymStar levels 3 or above are required to attend 2 classes per week. This ensures gymnasts have a sufficient amount of time to practice routines, develop new skills and refine skill technique. Please contact us if attending 2 classes per week is not possible.



### **Associated Costs**

In addition to the fortnightly debit amount, GymStar involves purchasing items required to attend competitions as well as competition fees.

These associated costs include:

- Tracksuit jacket
- Tracksuit pants
- Leotard
- Competition entry x2 (from June-October)



# SAFEGUARDING OF CHILDREN AND YOUNG PEOPLE POLICY

The Y is committed to safeguarding children and young people. We have a variety of practices in place to ensure that children are safe.

Our Safeguarding Children and Young People Framework includes

- Safeguarding Children and Young People Policy and Procedure
- Incident Reporting and Management Framework
- Health, Safety and Environment Focus
- Staff Code of Conduct

Our employees and volunteers are our most valuable assets when it comes to keeping your children safe. We require all employees and volunteers to undergo an extensive screening process prior to appointment. Our recruitment and induction process involves:

- A thorough recruitment screening, requiring a minimum of two reference checks, a national criminal history records check and a working with children check.
- Thorough induction and training process.
- Accredited Australian Childhood Foundation child protection training program

We ask all parents and guardians to:

- Ensure your children have adequate supervision at all times when you visit a Y centre/ service.
- Ensure that your behaviour contributes to our child safe environment.
- Tell us if you see something inappropriate.
- Adhere to the centre's policy around no photography/ filming of children and young people.

# OTHER GYMNASTICS PROGRAMS

## **SCHOOL HOLIDAY PROGRAMS**

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Our School Holiday Programs are an opportunity for your child to grow and learn from new experiences. Our Holiday Program is created with the right mixture of fun, adventure and interest-based activities through excursions and incursions, helping children become more confident and independent individuals.

If your child is aged between 5 - 15 years, they will love our school holiday program.

## **BIRTHDAY PARTIES**

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No two parties are the same. We work with you to determine the best activities for your party based on the age, interests and skill level of the guest of honour and party guests. This ensures everyone feels included in the activities and leaves with a smile on their face.

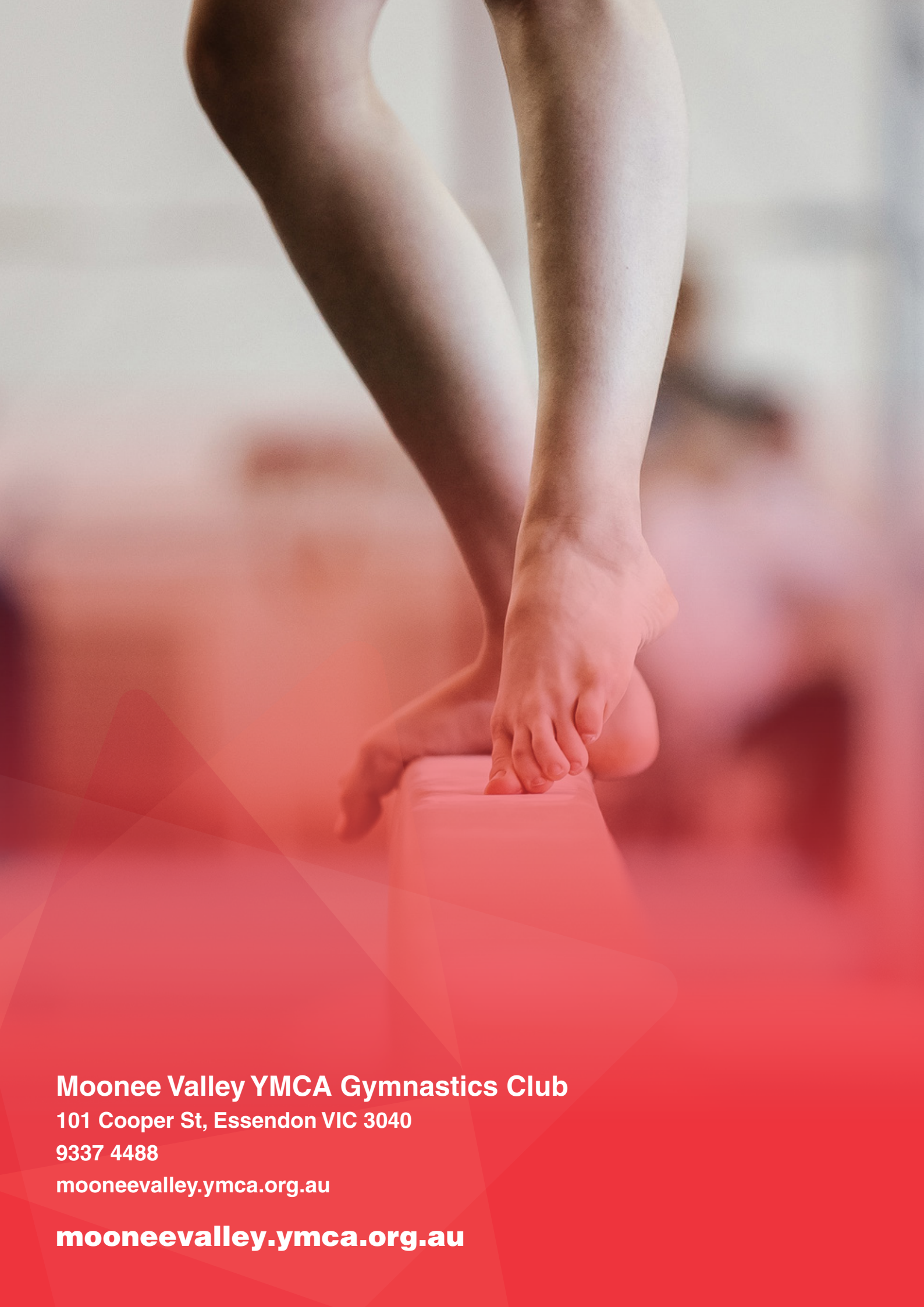
# PHOTOGRAPHY/ FILM POLICY

Please note that general in class photography or filming of children participating in Gymnastics classes is not permitted. If you would like to take a private photograph or video, please speak to our coaches and we will look to assist.

This is in accordance with the Y's Safeguarding Children and Young People policy.

**Visit [mooneevalley.ymca.org.au](http://mooneevalley.ymca.org.au) to find out more.**





## **Moonee Valley YMCA Gymnastics Club**

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