

GYMNASTICS 2022



INFORMATION GUIDE

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STARplex Gymnastics

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Welcome to

STARplex

GYMNASTICS

Our Gymnastics program provides a friendly and safe learning environment for children of all abilities aged 3 years and over. We aim to provide children with fundamental skill progressions, through the programs offered. All children are provided with the opportunity and support to improve their gymnastics ability through a variety of activities within the gymnastics program.

FEE PAYMENT

All membership / program fees are paid via Direct Debit with transactions occurring on a fortnightly basis, fees varying depending on the level and length of sessions and can be found on the next page.

STARplex is a Gymnastics SA affiliated club. Hence all students must pay Gymnastics SA fees. This fee will be charged with the first direct debit of the year and is valid until the end of the calendar year. Please refer to the Gymnastics Terms and Conditions and Frequently Asked Questions for further information on our website.

ABOUT US

All of the gymnastics coaches have previous gymnastics experience, and many are ex- gymnasts who previously trained at STARplex. If you have any questions or concerns regarding the program, please speak directly to the Head Gymnastics Coach Ally.

KEY CONTACT DETAILS

STARplex Reception: 8522 0622

STARplex Courts: 8522 0657

Allison.Shaw@starplex.com.au (Head Coach)
courts@starplex.com.au

CLASS TIMETABLE

PROGRAM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POCKET ROCKETS					9.00AM - 9:45AM
LITTLE LEAPERS	4PM - 4.55PM 5PM - 5.55PM	4PM - 4.55PM 5PM - 5.55PM	4PM - 4.55PM	4PM - 4.55PM	
RECREATION (Stage 1-3)	4PM - 4.55PM 5PM - 5.55PM	4PM - 4.55PM 5PM - 5.55PM	4PM - 4.55PM 5PM - 5.55PM	4PM - 4.55PM	9:50AM - 10:45AM
RECREATION (Stage 4)	4PM - 5:10PM 5PM - 6:10PM 6PM - 7:10PM		4PM - 5:10PM 5PM - 6:10PM	4PM - 5:10PM	10.45AM – 11.55AM
RECREATION (Stage 5)	5PM - 6.30PM 6PM - 7.30PM		4.45PM - 6.15PM	4PM - 5.30PM	10.45AM – 12.15PM
BOYS RECREATION (Stage 4)	6PM - 7:10PM				
INTERMEDIATE				5PM - 7.15PM	10.45AM - 1PM
PERFORMANCE	6PM - 7:30PM (COMPULSORY)			5PM - 7.15PM	10.45AM - 1PM

PROGRAM	2022 FORTNIGHTLY PRICING EXCLUDING INSURANCE		
MINI SPRINGERS	\$30.00		
POCKET ROCKETS	\$32.00		
LITTLE LEAPERS	\$32.00		
RECREATION	Stage 1-3	Stage 4	Stage 5
BOYS RECREATION	\$32.00	\$37.50	\$43.50
INTERMEDIATE	\$52.85		
PERFORMANCE	\$78.75		

All gymnastics members are required to pay \$80 Insurance on commencement (valid until 31st December 2022).

ASSESSMENTS

Children in Stages 1 - 5 are assessed at different times throughout the term.

Children will receive certificates for the completion of each stage. Encouragement certificates are also awarded throughout the term.

When children train in the Intermediate program and above, the gymnasts are grouped according to ability. STARplex Gymnastics hosts an in- house competition for the Intermediate and Performance Teams in Terms 2 and 4 each year.

Please note: *Mini Springers* is a new program that will be starting soon (date to be confirmed).

WHAT TO WEAR

Uniforms are optional for all gymnastics programs.

T-shirts: \$23

Older Version T-shirts: \$13 (limited sizes available)

Hoodie: \$65

Uniforms are not available at STARstore. Please pay for all t-shirts and hoodies at reception and take receipt to Ally (Head Coach) to collect from gymnastics area.

The below uniform sets are custom order, placed in the first week of every month (take 4 weeks to arrive). Please order directly with Ally.

Crop top, leotard, bike shorts & hair scrunchie set	\$95
Leotard, bike shorts & hair scrunchie set	\$75
Crop top, bike shorts & hair scrunchie set	\$70
Leotard only (plus scrunchie)	\$45
Crop top only (plus scrunchie)	\$30
Bike shorts only (plus scrunchie)	\$45
Boys singlet top & shorts set	\$70
Boys shorts only	\$40

We also ask that during your child's session:

- Shoes and socks off
- Long hair must be tied back
- No shorts/pants with zips or metal buttons
- No jewellery to be worn (including watches)

GENERAL GUIDELINES

We ask that you please discuss the following guidelines with your child/ren.

- Please ensure that your child signs in at reception before every session.
- Gymnastics equipment and the floor area are not to be used until children are directed onto the floor for the commencement of the session.
- When rotating to each apparatus walk around matting – please no running.
- Be respectful to other children and coaches.
- Parents please supervise siblings and other children that are not participating. **Siblings not participating in the gymnastic program cannot play on the equipment or the other courts.**

2022 KEY DATES

2022 Gymnastics starts on Tuesday 1st February.

STARplex Gymnastics is a 44 week per year program with classes conducted during the school term and in the first week of each school holiday period. There are no classes in the second week of school holidays. These dates are:

- Tuesday 26th April to Saturday 30th April
 - Tuesday 19th July to Saturday 23rd July
 - Tuesday 11th October to 15th October
- Classes do not run on public holidays or long weekends. The dates that classes will not be held are:
- Saturday 12th March (Adelaide Cup Day Monday 14th March)
 - Friday 15th April (Good Friday)
 - Saturday 16th April (Easter Saturday)
 - Saturday 23rd April (ANZAC Day Monday 25th April)
 - Saturday 11th June (Queen's Birthday Monday 13th June)
 - Saturday 1st October (Labour Day Monday 3rd October)

The final week for 2022 gymnastics classes concludes on Saturday 17th December.

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GYMNASTICS

PROGRAM PATHWAY

MINI SPRINGERS/POCKET ROCKETS (3 TO 5 YEARS)

Mini Springers and Pocket Rockets are designed to introduce 3 to 5 year olds to the sport of Gymnastics.

Children will be able to explore the world of gymnastics whilst building their confidence and motor skills. Children will develop strength, coordination, body control, flexibility, as well as life skills of resilience, taking turns and challenging themselves.

Please note: Mini Springers involves an adult/carer to participate in the session with their child.

LITTLE LEAPERS (4 TO 5 YEARS)

Little Leapers is a program for 4 to 5 year olds. The class is run in a similar structure to Pocket Rockets, gaining fundamental skills. However, the class is a 55 minutes session and runs amongst a Recreation class.

RECREATION STAGES 1-3 (5+ YEARS)

The Recreation Stages 1-3 classes are suitable for participants from 5 years of age, beginner or novice level. The gymnastics classes are fun, whilst developing skills such as jumping and landing, shapes, balance and coordination. Children have the opportunity to learn skills on a variety of apparatus, including uneven bars, floor, trampoline, beam, air track, vault and rings.

RECREATION STAGES 4-5

The Recreation Stages 4-5 are a progression for children who have completed Stages 1-3. Children in this class will continue to improve their strength and gymnastics ability, and work towards intermediate skills.

INTERMEDIATE

Gymnasts in the Intermediate program develop their strength, flexibility, fitness and learn aerial awareness, as well as skills and routines. Gymnasts focus on vault, bars, beam, floor and air track. The program continues to support gymnasts' progression of skills that are developed correctly and safely.

PERFORMANCE TEAM

Gymnasts are selected from the Intermediate program to the train in the Performance Team, training twice per week.