



ALPHA GYMNASTICS

...start moving!

MEMBER HANDBOOK

Updated

10/07/2023

Contents

About Alpha Gymnastics	4
Classes	5
What should I wear?	6
Membership	6
Fees.....	6
Junior GymFun, GymFun & GymSkills	7
AdultGym	7
Performance Team.....	7
Sports Vouchers	8
Make-up sessions	8
Feedback	8
Hot Weather.....	9
Drop-off / Pick-up.....	9
Behaviour Management	9
Appendix 1 – Gym Rules	10
Appendix 2 – Participant Code of Behaviour	11
Appendix 3 – Parent/Guardian Code of Behaviour	12

About Alpha Gymnastics

Alpha Gymnastics aims to inspire people to lead healthy, active lives and challenge their physical capabilities.

At Alpha Gymnastics, we teach members how to move confidently and safely through a high-quality gymnastics-based movement program. The fundamental movement skills taught in our programs are transferable to a range of competitive sports (including gymnastics) and provide the foundations of a healthy and active lifestyle.

Movement is something to be enjoyed. Benefits of physical activity include controlling weight, reduced risk of some diseases, strengthened muscles and bones, and improved mental health. Our high-energy programs are easily modified to suit all skill levels. We encourage members to challenge themselves and strive for improvement through consistent attention and effort.

It's never too late (or too early) to start, so...

...start moving!

Phone: 0421 361 099

Email: info@alphagym.com.au

Web: www.alphagym.com.au

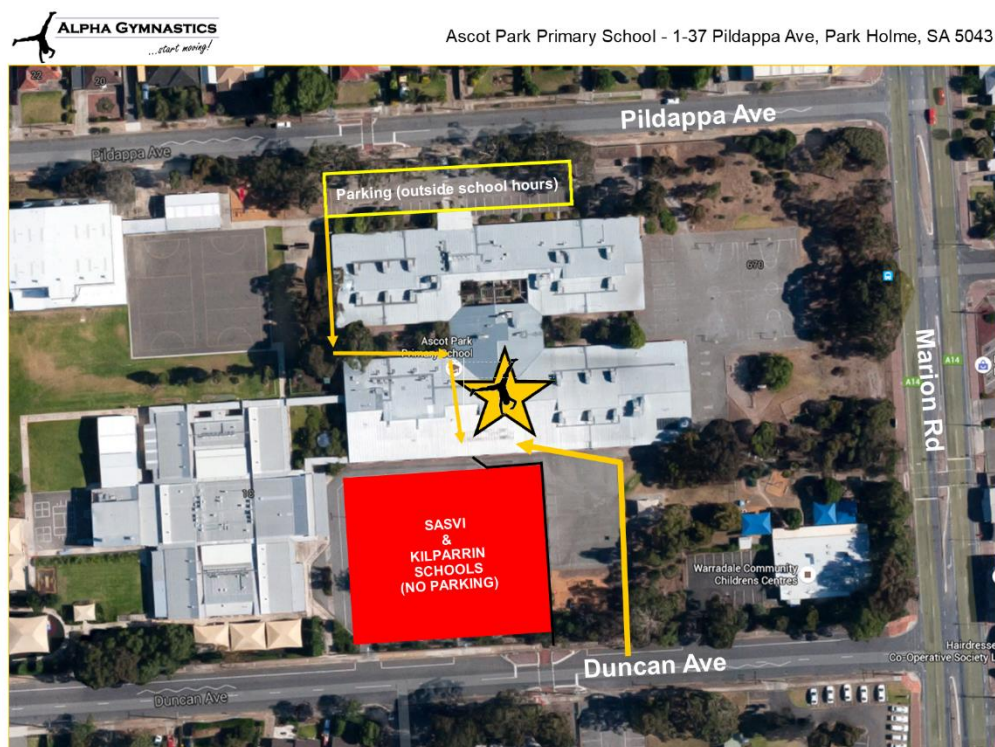
Social Media:  /alphagymau

 /alpha.gym.au

Location: Ascot Park Primary School (Specialist Physical Education School)
1-37 Pildappa Ave, Park Holme, SA 5043

The gym is located in the small hall behind the administration building. **Access is via the Duncan Ave side of the building.**

Parking is available on Duncan Ave. **Please do not use the SASVI / Kilparrin parking area.**



Alpha Gymnastics is an affiliated member of Gymnastics South Australia. This means we meet national standards of practice in areas such as administration, planning, staff training and risk management. We are also an accredited provider of LaunchPad programs through the Sporting Schools program building a strong foundation for future sporting success or lifelong, active and healthy participation in physical activity.

More information can be found at www.gymnsa.com.au or <https://www.sportaus.gov.au/schools>.



Classes

Alpha Gymnastics offers a range of classes. Classes are mixed gender and cater for all levels of ability. Age ranges stated below are a guide only.

All classes run throughout the year including school holidays. Closures during Christmas, Easter and other special events will be notified to members in advance. We are not currently offering a KinderGym program.

KinderGym 1-5 year-olds	KinderGym classes introduce children to movement by providing an environment where they can creatively explore movement and self-esteem. These classes are designed to develop the whole child – socially, emotionally, cognitively and physically. KinderGym PLUS classes offer more structured exploration time for 3-5 year-olds.
NOT CURRENTLY OFFERED	
Junior GymFun 3.5-5 year-olds	Junior GymFun classes develop basic movement skills using the Dominant Movement Patterns of gymnastics which include Statics, Locomotion, Spring, Landing, Rotation, Swing and Object Management. These classes allow for reduced parent involvement to begin fostering independence and self-management.
GymFun 5-8 year-olds	GymFun classes develop participants' movement skills and physical abilities through games and challenges. Sessions are based on the Dominant Movement Patterns of gymnastics and introduce gymnastics specific skills such as handstands, cartwheels and rolls. GymFun PLUS classes provide a greater challenge for participants who have developed body control and basic gymnastic skills.
GymSkills 8-14 year-olds	GymSkills classes extend participants' movement skills and encourage social interaction. These classes develop complex skills such as handstands and partner balances while teaching participants valuable life skills such as persistence, assessing risk, problem solving, and teamwork.
AdultGym 16+ year-olds	AdultGym classes aim to teach basic gymnastic movements and skills. Activities in each session can be adapted to suit a range of skill and fitness levels. Sessions include: <ul style="list-style-type: none"> ○ <i>Gymnastics Strength Training (GSC)</i>: whole-body fitness program ○ <i>Acrobatics & Tumbling</i>: from rolls to somersaults and cartwheels, includes use of mini-trampolines and air floor ○ <i>Handstands</i>: develops strength and mobility for strong handstands progressing through to advanced skills such as press to handstand & handstand push ups ○ <i>Bars & Rings</i>: swings activities using rings, parallel bars and single bars. Learn basic static and swing skills through to advanced skills such as kips and muscle ups.
Performance Teams	We offer performance teams in Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG) and TeamGym. Participation in our performance teams is by invitation only. Members of our teams will be expected to attend all training sessions and perform in a number of events throughout the year.

What should I wear?

Participants should dress appropriately for classes:

- Tight fitting t-shirt, singlet or leotard
- Shorts, bike pants or tights
- No jewellery
- Secure long hair
- During cold weather, participants may wear long pants and/or a jumper

All participants should bring a named bottle of drinking water.

Parents involved in Junior GymFun classes should wear flat-soled shoes or bare feet.

Membership

All members are required to register via our Member Portal. This portal is used to book and change classes as well pay for classes. You can access the Member Portal at:

<https://app.iclasspro.com/portal/alphagym>.

Alpha Gymnastics is committed to providing you with the highest levels of membership service; this includes protecting your privacy. Alpha Gymnastics will act in accordance with the Commonwealth Privacy Act (1988) which sets out a number of principles concerning the protection of an individual's personal information. In complying with these laws Alpha Gymnastics aims to ensure that we handle personal information responsibly and are consistent in our approach to the collection, use and disclosure of this information.

Our **Privacy Policy** can be found at - www.alphagym.com.au/useful-documents

All athletes will be registered with Gymnastics South Australia & Gymnastics Australia. For more information about Gymnastics SA membership visit www.sa.gymnastics.org.au → Clubs → Athlete [Membership](#)

Fees

We run 6-week billing cycles for our Recreational classes. Invoices are sent at the end of the first week of each block. New members are welcome to join at any time (invoices will be adjusted pro rata).

- Block 1: 23 January - 4 March
 - Block 2: 6 March - 15 April
 - Block 3: 16 April - 27 May
 - Block 4: 28 May - 8 July
- MID YEAR BREAK (10 - 15 July)*
- Block 5: 16 July - 26 August
 - Block 6: 27 August - 7 October
 - Block 7: 8 October - 18 November
 - Block 8: 19 November - 23 December

Alpha Gymnastics is registered to Cordery Family Trust – ABN 42 534 051 471. Receipts for payments will be issued from Cordery Nominees as Trustee for Cordery Family Trust (trading as Alpha Gymnastics). All fees listed include GST.

Junior GymFun, GymFun & GymSkills

Fees for Junior GymFun, GymFun & GymSkills classes are based on 6-session blocks.

	Regular Member	Ascot Park PS students
Annual Registration		Not applicable
Junior GymFun - 6 Sessions	\$105	10% discount
GymFun – 6 sessions	\$105	10% discount
GymSkills – 6 sessions	\$137	10% discount

Families: Where more than 1 child attends from the same family each child will receive a 10% discount. This is an ongoing discount. Families will either receive the family discount OR the Ascot Park PS student discount (not both).

Referrals: If a member refers a friend who signs up for 6 sessions, the existing member will receive a \$10 credit to their account. This is a one-off credit for each referral.

Casual rates can be arranged in special circumstances.

AdultGym

1 x 1 hour session	\$20
2 x 1 hour sessions	\$35
10 x 1-hour sessions (valid for 3 months)	\$160
20 x 1-hour sessions (valid for 3 months)	\$240
Monthly Membership Unlimited sessions	\$150 per month

A family-discount of 10% applies to members with currently enrolled children.

Performance Teams

As per invitation

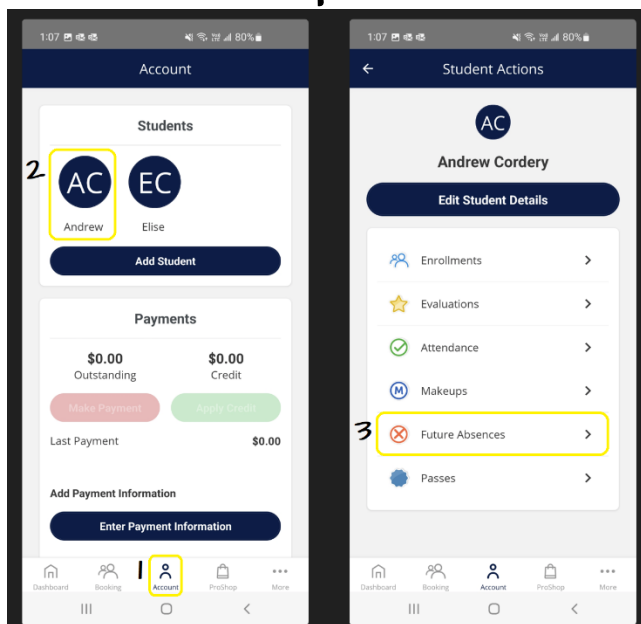
Future Absences and Make-Up Sessions

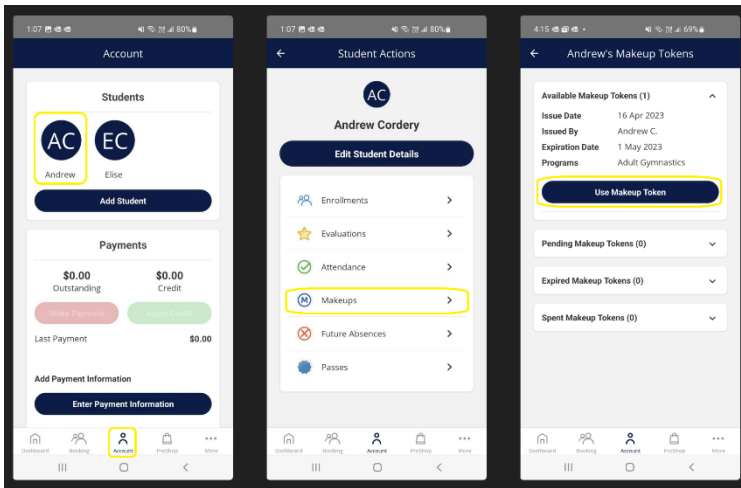
If you are going to be away you can notify us via the customer portal. If this is done at least 60 minutes before the start of the session, you will receive a make-up token following the session.

To notify us of a future absence:

1. Click on "Account"
2. Select the student
3. Click on "Future Absences"

Here you can select individual dates or a range of dates.





To book a make-up session using a Makeup Token:

1. Click on "Account"
2. Select the student
3. Click on "Makeups"
4. Click "Use Makeup Token"

Use the calendar to select a makeup session. This must be a different day to the class you are enrolled in. You must be enrolled in a class to be eligible to use a Makeup Token.

Sports Vouchers

The Sports Vouchers program is a Government of South Australia initiative administered by the Office for Recreation, Sport and Racing. The program provides an opportunity for primary school aged children from Reception to Year 9 to receive up to a \$100 discount on sports or dance membership/registration fees. The purpose is to increase the number of children playing organised sport or participating in dance activities by reducing cost as a barrier.

All South Australian primary school aged children are eligible. Remember it is one voucher for every primary school aged child per calendar year.

To claim your Sports Voucher worth \$100, simply complete our online form at www.alphagym.com.au/sports-voucher.

Make-up sessions

Make-up lessons can be booked by your customer portal or app in accordance with our Make up Policy. In order to receive a make-up token, you must provide notice by your customer portal or app at least one hour before the class that you were scheduled to attend. We do not accept notifications of absence via phone or email. If you provide notice at least one hour before your class, then you will receive a make up after that class has occurred.

Block fees are automatically adjusted for public holidays so no make-up tokens will be granted for these sessions. Where a session is cancelled by the club, each eligible member will be provided with a credit note.

Feedback

Alpha Gymnastics is committed to providing a safe environment for the participation of children and young people. Part of this is ensuring that all members meet a standard of behaviour as described in our Codes of Behaviour (see appendices 2 & 3).

Feedback about your experience at Alpha Gymnastics can be submitted online at www.alphagym.com.au/feedback

Hot Weather

Our venue has reverse-cycle air-conditioning systems that are used during hot weather. Members/parents are encouraged to monitor the health of participants prior to attending a gymnastics session ensuring adequate fluid intake throughout the day. Coaches will also monitor participants' health during sessions and adjust activity levels as required including providing additional drink breaks.

Drop-off / Pick-up

Alpha Gymnastics is committed to providing a safe environment for the participation of children and young people. Part of this is ensuring that children and young people are not left alone after classes.

Parents should note the following procedures for drop-off & pick-up:

- For Junior GymFun classes parents must remain at the venue at all times.
- At the end of each class children must be met at the venue. No child will be allowed to leave the venue without a parent.
- Please contact the gym if you are going to be more than 10 minutes late or have arranged alternative pick up arrangements. Text message is the preferred mode of contact as the phone may not be able to be answered during class activities. Include your child's name and details of the alternative arrangement.

Behaviour Management

Alpha Gymnastics is committed to providing a safe environment for the participation of children and young people. Part of this is ensuring that all members meet a standard of behaviour as described in our Codes of Behaviour (see appendices 2 & 3).

When working with children it is sometimes necessary to teach these behaviours. The true goal of discipline is to teach children the rules of behaviour that will enable them to grow up to be socially productive and fulfilled individuals.

Alpha Gymnastics Coaches and other adults involved in our programs are expected to model appropriate behaviour at all times. Positive consequences should be used over negative consequences where possible. Positive consequences include praising good behaviour, encouraging continued effort, or congratulating achievements with a hand shake or a high-five.

Negative consequences may be required in some circumstances. Where possible, these should relate to the behaviour. For example, anti-social behaviour will result in time away from the group. Physical punishment should not be used.

Parents will be informed if their child has been disciplined for inappropriate behaviour during a class. This is not to get the gymnast in trouble but more about including the parent in the process. Most behaviour will be adequately dealt with during the class and will not require further action.

Useful information about child development and behaviour management can be found at www.raisingchildren.net.au.

Appendix I - Gym Rules

1. Only participants involved in classes to use equipment.
2. Equipment only to be used as instructed.
3. Only water to be consumed within hall.
4. Know your limits and try to extend them, safely.
5. Bare feet or flat soled shoes only to be worn on mats.
6. Dress appropriately for classes
 - Tight fitting t-shirt, singlet or leotard
 - Shorts, bike pants or tights
 - NO jewellery
 - Secure long hair
7. Respect the equipment and keep the gym tidy.

Appendix 2 -

Participant Code of Behaviour

1. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
2. Do not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow participants.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and expect others to do the same, reporting any breaches to your coach or club official.
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
10. Cooperate with coaches and staff in the development of programs.
11. Refrain from any behaviour that may bring Alpha Gymnastics into disrepute
12. Accept responsibility for your actions.

Appendix 3 -

Parent/Guardian Code of Behaviour

As a parent of a participant in any activity held by or under the auspices of Gymnastics Australia, a member association or an affiliated club, you must meet the following requirements in regard to your conduct during any such activity or event:

1. Respect the rights, dignity and worth of others.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Focus on your child's efforts and performance rather than winning or losing.
4. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
5. Show appreciation for good performance by all participants (including opposing participants).
6. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
7. Respect officials' decisions and teach children to do likewise.
8. Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, etc).
9. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
10. Be a positive role model.
11. Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.
12. Be aware of the repercussions that any breaches of this code of behaviour may incur.