



ALPHA GYMNASTICS

...start moving!

MEMBER HANDBOOK

updated

9/01/2022

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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!

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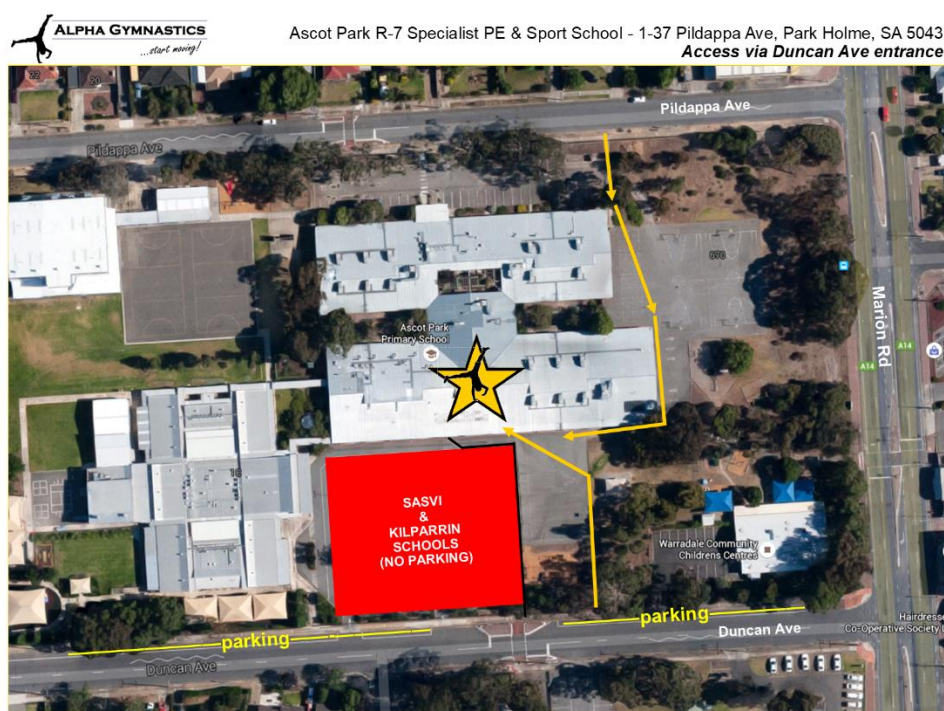
Social Media:  /alphagymau

 /alpha.gym.au

Location: Ascot Park Primary School (Specialist Sport and 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 building a strong foundation for future sporting success or lifelong, active and healthy participation in physical activity.

More information can be found at www.gymsa.com.au or www.launch-pad.org.au.



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 and practise skills safely to increase self-confidence and self-esteem. These classes encourage the child and caregiver to play together with experiences designed to develop the whole child – socially, emotionally, cognitively and physically. KinderGym PLUS classes offer more structured exploration time for 3-5 year-olds.
Junior GymFun 4-5 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 8-12 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 team work.
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 complete a Membership Form and 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

Fees must be paid before commencing a program. Casual fees are available for KinderGym, Junior GymFun & Adult classes. An annual registration fee applies for some classes.

Our preferred method of payment is EFT/Direct Deposit (BSB: 035-088 ACC: 158178) – please include your child's name as the reference. Payments can also be made by cash or Visa/MasterCard before or after a scheduled session.

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
<i>Junior GymFun</i>		
Casual Session	\$22	\$20
6 Sessions	\$95	\$85
<i>GymFun – 6 sessions</i>	\$95	\$85
<i>GymSkills – 6 sessions</i>	\$125	\$115

Families: Where more than 1 child attends from the same family each child will receive 7 sessions for the price of 6. This is an ongoing discount.

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.

AdultGym

Casual	1 hour session	\$20
	2 hour session	\$30
10 x 1 hour sessions (valid for 3 months)		\$150
20 x 1 hour sessions (valid for 3 months)		\$225
Monthly Membership	Unlimited sessions	\$150 per month

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

Performance Team

As per invitation

Make-up sessions

Where a member is unable to attend a session, make-up sessions are automatically carried forward to the end of the current block.

The number of make-up sessions available will depend on how many sessions the member has pre-paid:

- 6 sessions = maximum of 1 make up session allowed at end of block
- 12 sessions = maximum of 3 make up sessions allowed at end of block

Where a session is cancelled by the club, all members in that session will be eligible for a make-up session.

If a child misses 2 consecutive weeks without notice then their position in the class may be cancelled. No refunds will be made in this case.

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.

COVID-Safe Procedures

VENUE ACCESS

- Guardians to wait outside foyer if possible and must use QR check-in or sign Contact Tracing Form.
- Adults must wear facemasks inside venue (except when actively involved in a class).
- Participants sanitise hands upon entry.

ATTENDANCE

- Members are asked to NOT visit if you have:
 - Fever or symptoms of respiratory infection (cough, sore throat, shortness of breath).
 - Returned from overseas/interstate in the last 14 days.
 - Been in close contact with a confirmed case of COVID-19 (coronavirus) in the last 14 days OR are currently isolating as per SA Health guidelines
- If any participant or venue attendee attends with any respiratory symptoms, they will be denied entry/ separated from training. Participant parents/guardians will be contacted immediately and asked to collect their child.

COVID MARSHAL

- There will be a Covid Safe Marshal at each class.
- Covid-Safe Marshals are responsible for ensuring members and spectators who are not well or exhibiting flu like symptoms are informed not to enter the venue; appropriate hand hygiene is undertaken; ensuring the appropriate cleaning schedule is adhered to; and ensuring traffic flow and physical distancing is adhered to.

FURTHER SAFETY MEASURES

- The health, safety and wellbeing of our staff, parents, guardians and participants is our highest priority. That is why we recommend that all of our staff, coaches, parents and guardians download the COVID Safe App.
- A copy of our COVID-Safe Plan is available on request.

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.