

# CLUB DYNAMITE

# Gym

# Medals



# Handbook

# Welcome to the Bronze, Bronze Plus, Silver & Gold Programs at Club Dynamite!

## **GYM MEDALS:**

Club Dynamite's Gym medals program is a fun, fast paced and progressive gymnastics program catering from beginners to advanced level gymnasts.

The program is aimed at both male and female gymnasts from Year 3 at school and up, teaching a variety of gymnastics skills in the areas of floor, tumbling, trampoline, mini tramp, bars, beam, vault and MAG apparatus.

The program will develop each gymnast's strength, flexibility, balance, focus, confidence, agility, perseverance, determination and courage, while learning a variety of exciting skills.

The program has the following stages.

**Bronze** – A foundation gymnastics program, teaching core fundamental gymnastics skills on all apparatus, with a strong focus on developing fitness and strength.

**Bronze Plus** – For gymnasts who have mastered the core skills, to take their gymnastics to the next level and learn developmental level skills.

**Silver** – A more advanced class allowing students to continue to build on previously learned skills and advance their training further.

Gold – An advanced program for more accomplished gymnasts to learn high level gymnastics skills and work towards competitions.



**CLASS TIMES:**

Students generally attend one class per week. Each class is designed to be fast paced and visit a variety of apparatus and skills every lesson, while developing strength and flexibility.

Bronze students attend a 1 hour class each week

Monday – 6:00-7:00PM

Tuesday – 6:00-7:00PM

Wednesday – 6:00-7:00PM

Thursday – 6:00-7:00PM

Saturday – 11:30-12:30PM

Bronze Plus students attend a 1 ¼ hour class each week

Monday – 6:00-7:15PM

Tuesday – 6:00-7:15PM

Wednesday – 6:00-7:15PM

Thursday – 6:00-7:15PM

Friday – 11:30-12:45PM

Silver students attend a 1 ½ hour class each week

Monday – 6:00-7:30PM

Tuesday – 6:00-7:30PM

Wednesday – 6:00-7:30PM

Thursday – 6:00-7:30PM

Saturday – 11:30-1:00PM

Gold students attend 1-2 x 1 ½ hour class each week

Monday – 6:00-7:30PM

Tuesday – 6:00-7:30PM

Wednesday – 6:00-7:30PM

Thursday – 6:00-7:30PM

### **CLASS COSTS:**

Classes are \$16 per lesson for the 1 hour Bronze class and we offer a two class trial for new gymnasts, for this you pay for your first class and your second class is free. If after the first two classes your child is enjoying the class and wants to continue, we charge fees in 10 week blocks (or what is left of the block at the time) and the annual registration fee, which is \$75 per child.

Classes are \$18 per lesson for the 1 ¼ hour Bronze Plus class and \$20 per lesson for the 1 ½ hour Silver and Gold classes.



### **WHO CAN JOIN:**

The Bronze class is open to gymnasts from Year 3-6 at school. Students do not need any previous gymnastics experience to start out in this class.

It is also open to students moving up from the Gymstar or Junior boys program once they are 8 years of age or going into year 3, or students moving across from the WAG or MAG classes.

Bronze Plus is an invitational class open to gymnasts selected from the Bronze class or who have attended level 2 or above in MAG or WAG.

Silver is an invitational class open to those who have passed their Bronze medal test or attained a level 3 or above standard in MAG or WAG.

Gold is an invitational class open to those who have passed their Silver medal or attained level 5 or above in MAG or WAG.

### **HOW CAN I JOIN:**

Click on the “how to join” option in the membership menu on our website and fill out the form or send us an email to

[admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au) with your child’s name, DOB and which day/days suit you the best and we will book you in for a trial.

We do cap our classes at a maximum coach:gymnast ratio, so classes may have a waiting list. Spots will become available on a regular basis as our gymnasts are moved up to higher levels, which happens frequently throughout the terms.

### **WHAT SHOULD MY CHILD WEAR:**

Best class wear for girls is a leotard or Club Dynamite singlet with bike pants or leggings, bare feet and long hair pulled up.

Best class wear for boys is the Club Dynamite singlet and stretchy shorts with no buttons or zippers and bare feet.

Once you have done your trial and become a member you will be given a Club Dynamite singlet which many of the kids wear to class.

Please avoid the following

- shoes, socks or anything that covers the feet
- Gloves or anything that covers the hands
- clothes with buttons or zippers
- skirts or dresses
- No street clothes – shorts, T shirts etc
- Baggy clothes or school uniforms
- Jewellery, watches and sports watches – a small pair of earring is fine.



### **WHAT WILL THE GYMNASTS BE LEARNING IN THE GYM MEDALS PROGRAM?**

In the first 30 mins of the class Bronze, Bronze Plus, Silver and Gold gymnasts will combine for their warm up. This warm up will develop their fitness, strength, flexibility, balance, plyometrics, strength and flexibility. Students will learn and strengthen the core body shapes required for gymnastics at all levels of their training.

In the second part of the class gymnasts will be split into smaller groups to work with a variety of coaches. Gymnasts will do 2 apparatus per lesson.

The apparatus include Floor/Tumbling, Trampoline, Tumble Track, Vault, Bars, Beam, Strength and MAG apparatus.

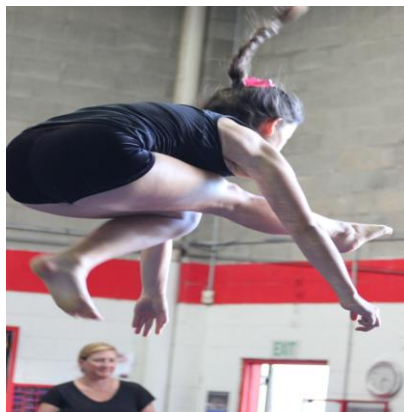




### **HOW DO GYMNASTS MOVE UP A LEVEL:**

Testing is conducted in class 5 times per year (once per block). Once students have mastered all skills in their specific program to a good standard they are awarded their corresponding medal and are invited to move up to the next level.

Gold students can also be selected to join our Performance Team once they show the appropriate standard of skills, technique and commitment.



### **COMPETITIONS & EVENTS:**

All Bronze, Bronze Plus, Silver and Gold gymnasts are invited to participate in a variety of events each year including our testing days,



showcase and Display days. Students perform routines showcasing skills they have been learning and earn a variety of awards.

There are also a number of exciting in class events held each year including our annual Team Challenge, Gym wide strength challenge, Splits Month and Monthly strength challenges for our students to test their skills and earn rewards.



**ARE THE CLASSES TAUGHT BY QUALIFIED COACHES?**

Yes, all coaches are qualified and registered with Gymnastics QLD and Gymnastics Australia.

**IS MY CHILD INSURED:**

Yes! All gymnasts become members of Gymnastics Australia and are fully covered by insurance while participating in all classes and events.



**COMMUNICATION:**

The best and fastest form of communication is always email. Please feel free to contact us if you have any questions, queries or concerns – [admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au)