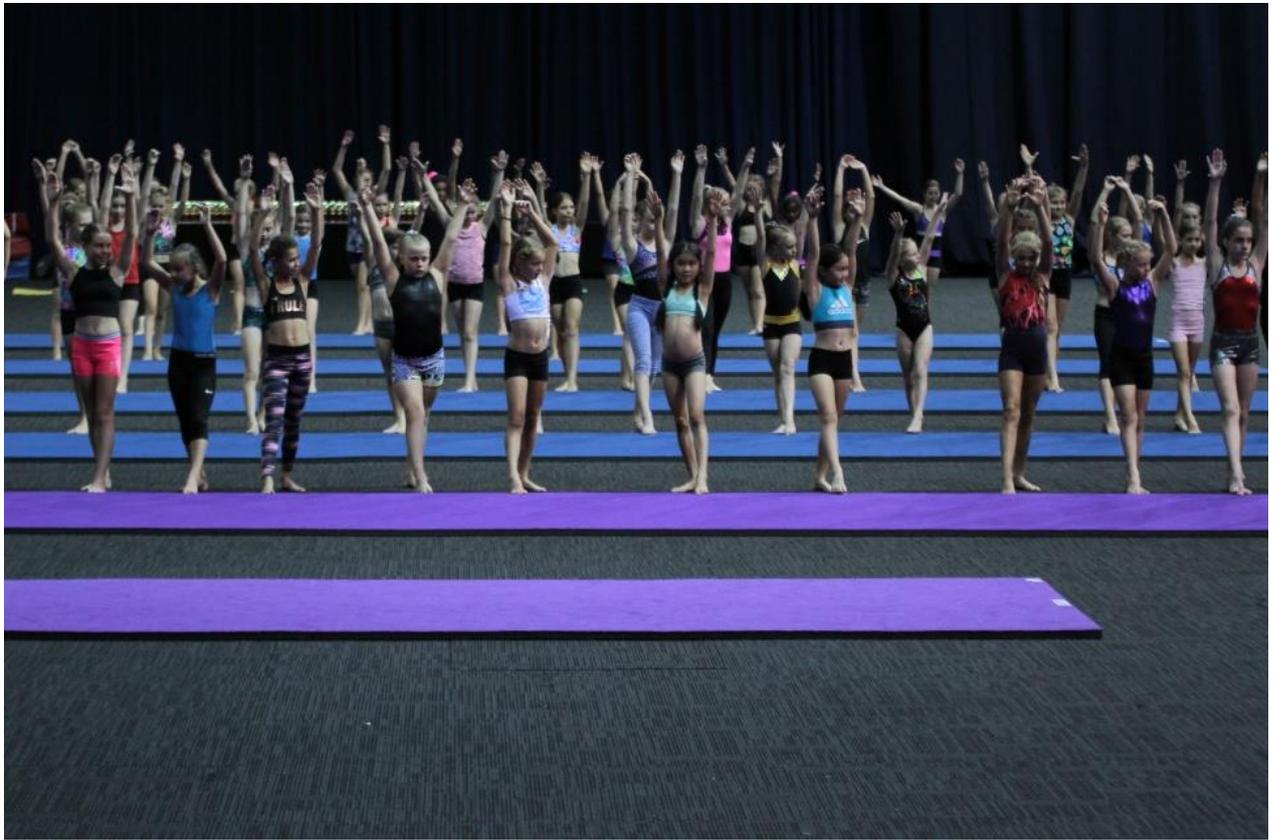


# CLUB DYNAMITE FLIPS



# Handbook

# Welcome to the FLIPS program at Club Dynamite!

## **FLIPS:**

FLIPS stands for Floor Levels Intensive Program and is a fun, fast paced and progressive gymnastics program catering for developing through 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.

## **ENTRY:**

Gymnasts can be invited to the FLIPS program once they have mastered their core fundamental gymnastics skills and earned their comets medal!

## **LEVELS:**

There are 12 levels in the FLIPS program –

FLIPS 1

FLIPS 2

FLIPS 3

FLIPS 4

FLIPS 5

FLIPS 6

FLIPS 7

FLIPS 8

FLIPS RUBY

FLIPS EMERALD

FLIPS DIAMOND

FLIPS ELITE



**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.

Flips 1-6 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

Friday – 6:00-7:30PM

Saturday – 11:30-1:00PM

FLIPS 7 and above students attend 1-2 x 2 hour classes each week

Monday 6:00-8:00PM

Tuesday 6:00-8:00PM

## **CLASS COSTS:**

Classes are \$31 per lesson for the 1 ½ hour FLIPS 1-6 classes and \$38 per lesson for the 2 hour FLIPS 7 & above classes.



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

Class wear for girls is a leotard on its own or with bike pants or leggings, bare feet and long hair pulled up.

Class wear for boys is a tightly fitted singlet (no sleeves) or a boys leotard and stretchy shorts with no buttons or zippers and bare feet.

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 different level gymnasts will combine for their physical prep. This 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 work floor and tumbling every week, learning skills from cartwheels and handstands to aerials, flips and twists.

In addition to this, gymnasts will learn other apparatus on a rotating basis, including Vault, Bars, Beam, Trampoline and MAG apparatus.

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

Testing is conducted in class, often throughout the year. Once students have mastered all skills in their specific program to a good standard, they are awarded their corresponding award and are invited to move up to the next level.



### **COMPETITIONS & EVENTS:**

All Bronze, Bronze Plus, Silver, Gold & Platinum 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.



**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)

