Club Dynamite

MiniMites Handbook



Welcome to MiniMites at Club Dynamite!

What is MiniMites?

MiniMites is our Pre School gymnastics program, aimed at children from 3 ½ -5 years of age!

Why gymnastics is an awesome sport for Pre School aged kids!

Developmental benefits

Gymnastics develops – confidence, coordination, agility, strength, balance, flexibility, self-esteem, body control, brachiation, spacial awareness, courage, perseverance, determination and fitness.

Other sports

Gymnastics is one of the few sports that uses a great variety of different types of movements and works all muscles in the body. Children learn to roll, swing, climb, jump, run, balance and flip. These movement patterns give them the core strength and skills needed for all sports. No matter what sport your child chooses to do when they are older, gymnastics will lay the movement foundations needed.

School readiness

Teachers have reported that the biggest challenge they see in young children starting school is a lack of core strength. Without core strength children can't sit still or sit at a desk for any period of time, thus leading to difficulties with concentration, learning and behaviour in the classroom. Gymnastics develops core strength and gives children the boost they need the prepare them for success in the class room.

Fun

Pre School aged children are wired to move and to explore the world physically! They simply love to run, jump, roll, swing and climb. Most find gymnastics to be so much fun!!!



How is Club Dynamite's MiniMites Program different to other Kindergym programs?

Lots of gymnastics clubs run pre school aged programs called – Kindergym. These programs usually include parent participation and are play based programs. They are lots of fun, but many parents see their child is ready to do more and keen for new challenges, but this is often not offered at most gyms until the kids start school.

Club Dynamite aims to fill the gap and provide a program that allows young children to take their gymnastics to the next level. Our MiniMites participate in a more formalized gymnastics class, there is no parent participation and they get the chance to learn proper gymnastics skills, such as handstands, cartwheels, rolls and use all the gymnastics apparatus – Bars, Beams, Trampolines, Vault and much more!

Who can do MiniMites?

Because our program is a little more advanced than the usual Pre School aged gymnastics programs, we need kids to have mastered a few important milestones before they can join.

1. Must be at least 3 ½ years of age – children can start from after they are 3 ½, up until the time they start school.
2. Must be fully toilet trained
3. Must be ready to separate from parents and follow instructions from a coach

If you are not sure if your child is ready, we do offer a two-class trial system to help you and your child's coach to decide.

When can my child begin MiniMites? – note gymnasts must also meet the criteria above

DOB	2026 earliest starting date
2022	Anytime in 20267
Jan-June 2023	Anytime in 2027
	From birthday date, example if birthday is 15th of September, can start from 15th of March
August 2023	February 2027
September 2023	March 2027
October 2023	April 2027
November 2023	May 2027
December 2023	June 2027
January 2024	July 2027
February 2024	August 2027
March 2024	September 2027
April 2024	October 2027
May 2024	November 2027
June 2024	December 2027

Where is Club Dynamite?

Club Dynamite is located at 56 Secam Street, Mansfield, In Brisbane, QLD.

We are the big green building – very easy to find.

We are a full time, fully equipped gymnastics club with a very large training space and lots of exciting equipment to help your child grow, learn and have lots of fun!



When are the MiniMites classes?

We hold our MiniMites classes on Monday, Tuesday and Thursday mornings. The following times are available -

Monday – 9:15-10:00AM, 10:00-10:45AM & 10:45-11:30AM
Tuesday – 9:15-10:00AM & 10:00-10:45AM
Thursday – 9:15-10:00AM & 10:00-10:45AM

All classes have a maximum gymnast to coach ratio so classes may have waiting lists.

Can we do a trial first?

Yes! We offer a two-class trial for new gymnasts, for this you pay for your first class ($28.60) and your second class is free.

We find 2 classes is ideal for little ones to see if they like it. Sometimes the first class can be a little overwhelming as it is all so new, but by the 2nd class most kids feel more comfortable and you get a great idea of their interest and readiness.

Please be aware that you need to prebook in to do a trial, we are not able to allow children to just walk in a try a class without being previously booked in.



How do I book in for a trial?

You can either send us an email to – admin@clubdynamite.com.au or fill out the "How to join" form on our website – www.clubdynamite.com.au

Please let us know your child's full name, DOB, your preferred days/times and any other important information and we will be in touch to help you book in for the trial.

If we want to join after the trial, how much is it?

Once the trial is complete, we will ask you if you want to continue. If you do, we will send you an invoice, which will include the registration fee and fees for the rest of the block.

The annual registration fee is $98, this covers membership with gymnastics QLD, insurance and Club Dynamite membership. You pay this

on your first invoice. This is an annual fee, which is charged each year on your first invoice for the year.

Classes are $28.60 per lesson for the 45-minute classes and we charge fees in 10-week blocks. If you start part way through the block, you will only be charged for what is left of the block.



Do classes run as normal on School holidays?

All our other classes, except for MiniMites, will continue to run on School holidays. MiniMites classes operate School Terms only.

Can we do a make-up lesson if we miss our usual class?

Yes! We allow up to 2 make up lessons per block. You can do this at any time during the block in another MiniMites class. If you can't make it to another day, many of the kids do a make up by doing 2 classes back-to-back on the same day.

Do we still have to pay for classes we don't attend?

Yes. Please understand that you are paying for your child's spot in the class, not the classes attended. But, as above, make up lessons are available. For more information on payments and classes check out our policy booklet.



What do the kids wear to class?

The proper attire is very important for gymnastics classes, both for safety and to allow freedom of movement. Therefore, correct class attire is required for all gymnasts to enter the gymnastics floor, from their very first lesson.

GIRLS WEAR

- A leotard (with no skirts/frills etc)

Most girls will just wear the leotard on its own, but also have the option of bike pants. These need to be made of spandex/lycra and fitted to the leg. No crop tops permitted in the MiniMites program.

BOYS WEAR

- A tightly fitted singlet (no sleeves) or a boys leotard
- Stretchy shorts (with no buttons or zippers) or bike pants

All gymnasts need bare feet, and all hair (unless very short) pulled up off the face.

For safety reasons we don't allow the gymnasts to wear watches, fitness bands, rings, necklaces, bracelets, anklets and so on. The only permitted jewellery is a small pair of earrings for those with pierced ears. Please also bring a water bottle along to class.

COOLER WEATHER

The kids often don't stay cold for very long in cooler weather as they are running around and being very active. But on those cooler days, the following options are allowed.

Girls – a long sleeved leotard, and/or leggings (made of spandex/lycra and fitted to the leg)

Boys – skins

Where do we park?

We have a spacious carpark facility at our gym, with plenty of parking bays. If the bay is marked reserved you can still park there. There is also a lot of street parking available around the gym.

Waiting areas

We have lots of waiting areas for our gymnasts and their families to wait before and during classes. There is lots of space both downstairs and upstairs for you to wait. Waiting areas are air conditioned and have free WiFi. There are chairs, tables and lounges for you to use.

Please note that we do not have baby changing facilities as we don't have classes for non toilet trained children.

Parent participation?

Our classes do not involve parent participation. We find this is ideal for our gymnasts' development. Children have an incredibly strong bond with their parents, when a parent is in the room it is very difficult for them to develop a relationship with their coaches. Most parents love this, and enjoy sitting back and watching their children develop.

For insurance reasons only gymnasts participating in a class and coaches are permitted into the gymnastics area. No parents, siblings, family, friends etc to enter the gym.

Viewing

Upstairs we have a viewing deck, there are plenty of chairs and as you are up high you can see the whole gym. You are welcome to watch your child's class from here.

Please be aware that young children are very easily distracted and we would appreciate that noise and movement in the viewing area is kept to a minimum during your child's class. We also ask that you don't try to communicate with your child from the viewing area while classes are on, so they can give their full attention to their coach and their activities.



Are parents required to stay during MiniMites classes?

Not at all. We have all your emergency contact details. You are welcome

to pop out for a coffee, some shopping, a run etc and return to collect your child at their class finish time.

Toilets

There are toilets both upstairs and downstairs in the waiting area. Please encourage your child to use the toilet before class.

If your child needs to use the toilet during class, there are also toilets inside the gym. The gymnasts will use these toilets and won't exit the gym into the waiting area for safety reasons.

Waiting area etiquette

We ask that parents closely supervise their children (both gymnasts and other non-participating children) in the waiting areas at all times.

No running at all is permitted in the waiting areas, either upstairs or downstairs.

Also, no climbing on furniture or stairs, or practising any type of gymnastics skills. We appreciate that you encourage your children to keep noise to a minimum and understand that it is an indoor environment.



What is the next step after MiniMites?

MiniMites is the ideal program for gymnasts up until the time they start Prep at school. As each gymnast progresses and advances the coach will encourage them with more challenging skills to meet their individual needs.

Once gymnasts head to Prep, they can move up to our school aged programs. Prep girls move up to our Gymstar program and Prep boys move up to our Rockets programs. Gymstar has classes available every weekday after school and on Saturdays, Rockets has classes available 3 afternoons per week.

As this time approaches, we will send you an email with details to enrol. Some parents worry about how their child will cope with gymnastics after a full day's school. But in our experience the kids do very well, and still have lots of energy and focus. Teachers have reported that the Prep kids who do gymnastics often have better focus and behaviour due to their continued core strength development.



In class events

We have fun theme weeks, such as superheros week, teddy week,

Christmas week and so on. The kids look forward to these weeks with much anticipation and love the specially themed circuits and activities.

Coaches

All of our MiniMites coaches are fully qualified gymnastics coaches with Gymnastics QLD and Gymnastics Australia. All coaches have current blue cards and there is a coach trained in senior 1st aid present for all classes.

Most importantly all of our coaches have been experienced gymnasts themselves and have both a love for the sport and for supporting the development of young people.

What if my child is upset before/during class?

Young children are still learning to manage so many big thoughts and feelings, so from time to time they may become upset and cry. If your child experiences some separation anxiety while transitioning into class, we encourage you to leave them with the coaches.

The coaches are very experienced in dealing with this, and while parents are present children find it harder to separate, than when they are not in the room.

If your child becomes upset in class for any reason, it is ideal to allow the coaches to deal with the problem wherever possible. This helps to strengthen the child's trust in the coach and their confidence as an independent learner.



Safety

Safety is our top priority here at Club Dynamite. The coaches will spend lots of time teaching the children how to land, fall and use equipment safely. These skills will not just be beneficial in the gym but at home, in the playground and during other sports as well.

Top care is always taken to ensure that our programs, equipment and class plans are safe and age appropriate.

Communication

Email is always the best and fastest form of communication if you have any issues or questions. Please don't hesitate to contact us at – admin@clubdynamite.com.au for any reason.

Thank you for being a part of the Club Dynamite family. We hope the experience is a wonderful one for your children!