

CLUB DYNAMITE GYMSTAR HANDBOOK



Welcome to Gymstar at Club Dynamite!

GYMSTAR:

Gymstar is a foundation Gymnastics program for girls from Prep-Year 2 at school.

Though Gymstar our children develop their coordination, strength, flexibility, balance, confidence, agility, courage, persistence, determination and self esteem.

Gymstar kids will learn a variety of gymnastics skills including rolls, handstands, cartwheels and many gymnastics skills on trampolines, floor, bars, beams and much, much more.

CLASS TIMES:

Gymstar students attend a 1 ½ hour class each week. Class times are as follows include –

Monday – 3:30-5:00PM

Tuesday – 3:30-5:00PM

Wednesday – 3:30-5:00PM

Thursday – 3:30-5:00PM

Friday – 3:30-5:00PM

Saturday – 9:00-10:30AM

CLASS COSTS:

Classes are \$19 per lesson for the 1 ½ hour 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.



WHO CAN JOIN:

Gymstar is open to girls. You can start anytime from when you are in Prep at school up to the end of Year 2.

You do not need any gymnastics experience to start Gymstar.

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 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:

Girls wear a leotard – it can be worn on its own or with bike pants or legging.

Gymnasts need bare feet for all classes and hair needs to be pulled up.

Once you have done your trial and become a member you will be given a membership pack, which will include a Club Dynamite leotard, 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
- Shorts or pants (only bike pants or leggings please)
- T shirts or singlets
- Baggy clothes or school uniforms
- Jewellery, watches and sports watches – a small pair of earring is fine.



WHAT WILL MY CHILD BE LEARNING IN GYMSTAR

Lots of activities to develop their strength, flexibility, aerial awareness and agility.

- Basics gymnastics shapes
- Forward and backward rolls
- Handstands and cartwheels
- Basic beam skills – mounts, dismounts, complex, jumps, turns
- Basic bar skills – pullovers, forward rolls, front support, swings, casts and bar safety
- Basic trampoline skills – trampoline safety, jumps, seat drops, and acrobatic skills
- Foundation skills on MAG apparatus – Pommel horse, Rings, Mushroom, P bars & High bar
- Foundation Vaulting skills
- Gymnastics safety

Classes start together as a group for our warm up, stretching and skill work. From there gymnasts will work in small groups with a variety of coaches on all the apparatus. Skills are taught in a combination of fun skill circuits and guided skill development sessions.



THEMES:

Each class has a fun weekly theme! Examples include – “Jungle adventures”, “Easter fun week”, “Teddy bear strength week”, “Wipe out week” and many, many more. Our themes aid in keeping classes exciting and engaging for young gymnasts.

Gymnasts will receive a sticker chart at the start of every block, showing all the themes for the next 10 weeks at gymnastics. Each week the gymnasts are given a sticker at the end of class to take home and fill in the chart.

Our Gymstar kids just love following the themes and look forward to each exciting week!



HOW ARE GYMNASTS EVALUATED

There are 30 key skills in 10 skill areas the gymnasts are aiming to master in the Gymstar program. These skills are included in weekly circuits and each week the coaches will take gymnasts through one of the key skill areas and evaluate their progress.

5 times per year (in March, May, July, September & November) gymnasts will be presented with a star chart showing the 30 key skills. There will be a star in the box for each skill mastered. This is a fun and easy way for kids to track their progress. They enjoy trying to get more stars each time, and can easily see which skills they need to work on.

Be patient with your child as they progress, each child will have different strengths and weaknesses to work on, the process of learning these skills is a lot of fun and the life skills that are learned when they persist to master a skill that they find particularly difficult are invaluable!



WILL MY CHILD HAVE OPPORTUNITIES TO DO COMPETITIONS AND PERFORMANCES? Yes and Yes!

There are a variety of special opportunities for your child to participate in throughout each year.

Club competition – Gymnasts perform individual routines on each apparatus for friends and family. All participants are awarded a medal.

Showcase – Gymnasts perform a group display for friends and families and all participants receive a trophy.

Through their classes they will have the chance to participate in a variety of mini competitions, challenges and events. There are lots of opportunities to earn awards!



ARE THE CLASSES TAUGHT BY QUALIFIED COACHES?

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

WHAT IS THE COACH:GYMNAST RATIO

Every Gymstar class has 4-7 coaches. Gymnasts start their class together as a group, to work on warm ups, stretching and skill development. Then break up into groups of 10-11 gymnasts with 1-2 coaches per group.

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.



WHAT HAPPENS AFTER THE GYMSTAR PROGRAM?

From Gymstar there are a few directions each gymnast can take.

Once gymnasts complete all the stars on their star chart they can be selected to move into the WAG program, if they show the aptitude for Women's Artistic Gymnastics.

Gymnasts can also move up to the Gym medal program as they get older, starting in the Bronze group.

DO PARENTS NEED TO STAY DURING GYMSTAR CLASSES?

No, now that your child is in school they are able to attend classes independently. Parents and non class participants are not permitted in the gymnastics area.

You are welcome to stay and watch your child's class from our waiting area or to drop your child off and pick them up at the end.



COMMUNICATION:

If you have any questions or queries, email is the fastest and best form of communication – admin@clubdynamite.com.au

