CLUB DYNAMITE

GYMSTAR

HANDBOOK



Welcome to Gymstar at Club Dynamite!

GYMNASTICS!

Gymnastics is an incredible activity for young school aged children, it is fun and exciting and develops so many of the essential physical skills they need to excel in both school and sport!

Gymnastics uses a large variety of different body movements, developing children's coordination, balance, agility, flexibility and spacial awareness. Studies show that children who do gymnastics in their early years have an advantage in any sport they do, due to the wide variety of physical movements they have learned to master.

Teachers in early Primary school, report that one of the biggest challenges young school aged children face, is a lack of core strength, making it impossible for them to sit up or sit still for long periods, leading to difficulty with learning and behaviour. Gymnastics develops this core strength, to help kids succeed in school.

The swinging and climbing actions develop grip and hand strength, which improve children's ability to write, type, tie shoes and play a musical instrument.

Mastering challenges at gymnastics (like the high beam) and learning to do skills (like cartwheels) improves children's confidence in themselves as movers. Children who are confident in themselves as movers are significantly more likely to continue to be physically active throughout their lifespan!



GYMSTAR:

Gymstar is a foundation Gymnastics program for girls.

Gymstar kids will work on all the gymnastics apparatus learning – haw to land and fall safely, core gymnastics shapes, forward rolls, backward rolls, cartwheels, handstand, bridges and core skills on Bars, Beams, Vault and Trampolines!

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 $33.50 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 $98 per child.



WHO CAN JOIN:

Gymstar is open to girls in Prep, Year 1 and Year 2 at School.

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 skin tight bike pants or legging. At this age, most girls prefer to just wear the leotard on its own.

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.

- Gymnastics shapes
- Forward and backward rolls
- Handstands and cartwheels
- Beam skills – mounts, dismounts, complex, jumps, turns
- Bar skills – pullovers, forward rolls, front support, swings, casts and bar safety
- Trampoline skills – trampoline safety, jumps, seat drops, and acrobatic skills
- 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.

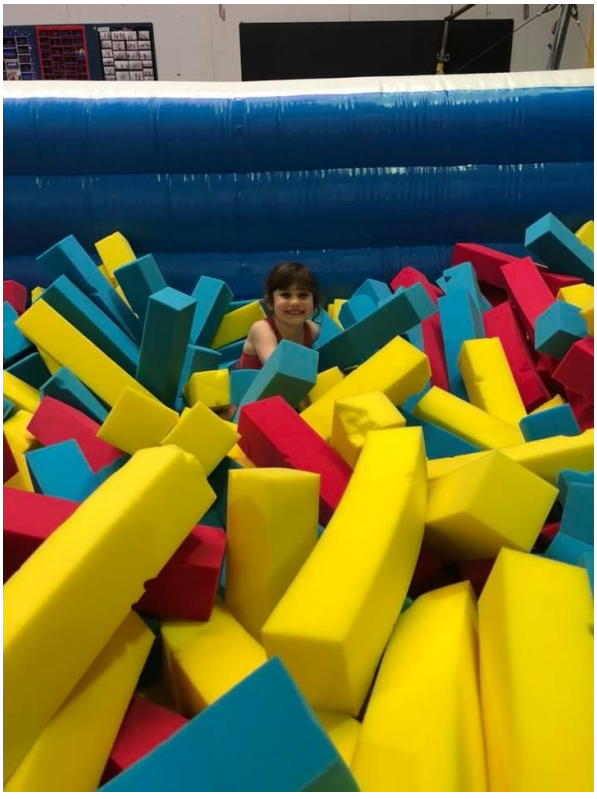
Our Gymstar kids just love following the themes and look forward to each exciting week!



HOW ARE GYMNASTS EVALUATED

As gymnasts master particular skills or skill areas, they are awarded their skill ribbons. There are 12 different coloured skill ribbons to collect. 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. Once all ribbons are earned, they are presented with their Star medal and will move up to a higher level.

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 EVENTS AND PERFORMANCES? Yes and Yes!

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

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!



WHAT IS THE COACH:GYMNAST RATIO

Every Gymstar class has several coaches. Gymnasts start their class together as a group, to work on warm ups, stretching and skill development. Then break up into smaller groups, and all gymnasts receive lots of individual attention.

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.

If your gymnast achieves all their skill ribbons, they will be awarded their star medal and can move up to our GOALS (Gymnastics Overall Apparatus Levels System) which is based on WAG (women's artistic gymnastics).

Alternatively, once the gymnast is in year 3 at school, they also move up to a higher level, in our Shooting Stars program, where they can continue to work towards achieving their ribbons and medal.



DO PARENTS NEED TO STAY DURING GYMSTAR CLASSES?

No, you are welcome to drop off your gymnast and collect them at the end of the lesson. 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 viewing 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

