CLUB DYNAMITE

ROCKETS

HANDBOOK



Welcome to the Rockets program at Club Dynamite!

ROCKETS:

Rockets is a foundation Gymnastics program for boys from Prep-Year 2 at school.

Through our Rockets program, boys develop their coordination, strength, flexibility, balance, confidence, agility, courage, persistence, determination and focus.

The boys will learn a variety of gymnastics skills including rolls, handstands, cartwheels and many gymnastics skills on trampolines, floor, rings, high bar, pommel horse, vault and much, much more.

Our Rockets program is a stepping stone towards our MAG Team, so we focus on helping the boys to develop the discipline and technique they need to be successful competitive gymnasts as they get older.

CLASS TIMES:

Rockets attend one day per week. Class time options are as follows include –

Monday – 3:45-4:30PM

Tuesday – 3:45-4:30PM

Thursday - 3:45-4:30PM

CLASS COSTS:

Classes are $28.60 per lesson for the 45 minutes 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.

All classes continue as normal during school holidays.



WHO CAN JOIN:

Rockets is open to boys only. 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 the Rockets program.

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:

Boys wear a tightly singlet (no sleeves) or a boys leotard with 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
- T shirts
- Baggy clothes or school uniforms
- Jewellery, watches and sports watches
- Non stretchy shorts –ie no board shorts or denim

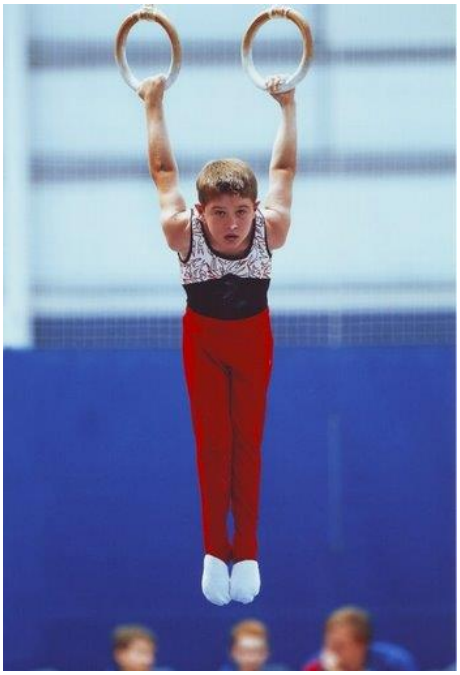


WHAT WILL MY CHILD BE LEARNING IN ROCKETS

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

- Basics gymnastics shapes
- Forward and backward rolls
- Handstands and cartwheels
- 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



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 ROCKETS PROGRAM?

From the Rockets class there are a few directions each gymnast can take.

Gymnasts with the potential to move onto competitive gymnastics can be selected for our MAG program. This is a competitive group and the boys have the chance to represent the gym at a variety of fun external competition events.

Gymnasts can also move up to the Comets program as they get older, this is a recreational program based on learning exciting and progressive gymnastics skills.

DO PARENTS NEED TO STAY DURING ROCKETS CLASSES?

No, you do not need to stay during the class if you don't want to.

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.

We have large, air conditioned waiting areas, with free WiFi facilities and a mezzanine viewing deck, where you can see all that is going on in the gym.



COMMUNICATION:

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