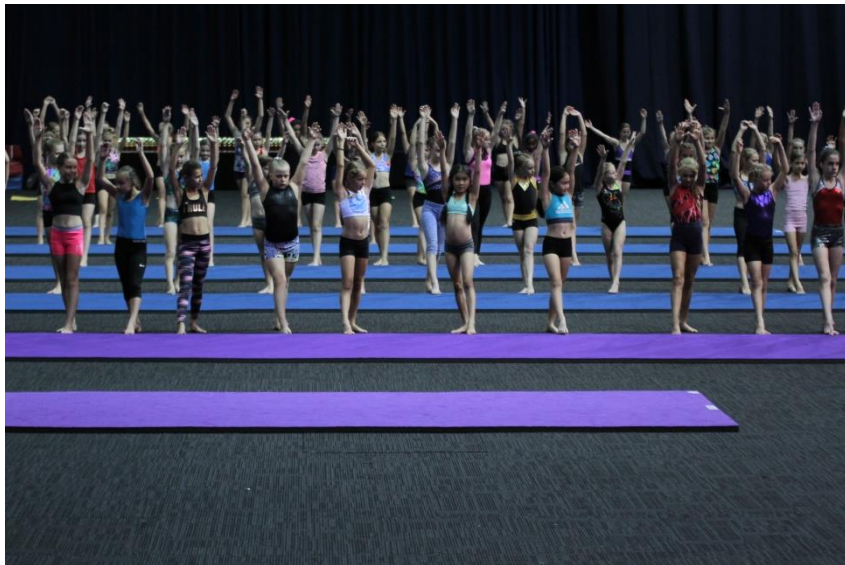


CLUB DYNAMITE

Teen Gym

& Teen Plus



Handbook

Welcome to the Teen Gym & Teen Plus programs at Club Dynamite!

TEEN PROGRAMS:

Club Dynamite's Teen programs are a fun, fast paced and progressive gymnastics program catering for high school aged students from years 7-12.

The program is aimed at both male and female gymnasts 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.

The program has the following stages.

Teen Gym – A core gymnastics program, teaching fundamental gymnastics skills on all apparatus, with a strong focus on developing fitness and strength.

Teen Plus – For gymnasts who have mastered the core skills, to take their gymnastics to the next level and learn developmental level skills.



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.

Students attend a 1 hour class each week

Monday – 7:00-8:00PM

Tuesday – 7:00-8:00PM

Wednesday – 7:00-8:00PM

Saturday – 12:30-1:30PM

CLASS COSTS:

Classes are \$20 per lesson for the 1 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 teen 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 \$90 per child.



WHO CAN JOIN:

The Teen class is open to gymnasts from Year 7-12 at school, catering for those who have previous gymnastics experience as well as those brand new to the sport.

It is also open to students moving up from the Bronze program, when they start high school.

Teen Plus is an invitational class open to gymnasts who have achieved their Bronze Medal, or who have previous experience at an equivalent level.

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.

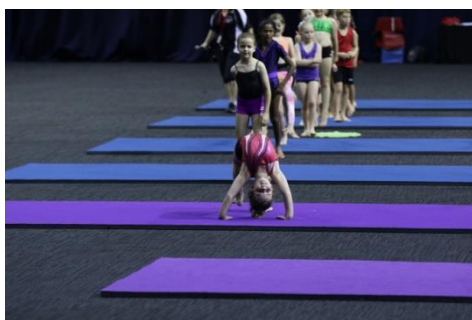
WHAT SHOULD MY CHILD WEAR:

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 singlet (no sleeves) 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 Teen & Teen Plus classes 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 on a variety of apparatus. Gymnasts will do 2 apparatus per lesson.

The apparatus include Floor/Tumbling, Trampoline, Tumble Track, Vault, Bars, Beam, Strength and MAG apparatus.



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 medal and are invited to move up to the next level.

Once all the core skills in the Teen program are mastered, gymnasts are presented their Bronze Medal and move up to Teen Plus. Once the Teen Plus skills are mastered, gymnasts will be awarded their Plus medal and can move up to the Silver 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.



ARE THE CLASSES TAUGHT BY QUALIFIED COACHES?

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

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