

INFORMATION SHEET

2012



Henley and Grange Youth Clubs Inc.

Henley & Grange Youth Clubs Inc.
Rear Henley High School
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Affiliated with Gymnastics
SA

www.gymnsa.com.au



The Henley & Grange Youth Clubs Inc. runs the following Gymnastics Programs, under the banner of Gym West, for children aged from 6 months to approx. 18 years throughout the year, with most activities centred on the normal public school terms.

Available Programmes are:

Kindergym

12 months to 4 years

Kindergym Junior

3 and 4 years

General Gymnastics

4 and half years and over

Advanced General Gymnastics

by invitation only

Tumbling Class

10 to 17 years

Pre-Competition Gymnastics

6 years and over (by invitation)

Girl's Competitive Gymnastics

6 years and over (by invitation)

Boy's Competitive Gymnastics

6 years and over (by invitation)



Each programme offers
ONE FREE

Introductory session
(with no obligation) to all
children wanting to try this
exciting sport under the
supervision of accredited
Gymnastics and Kindergym
Coaches.

MEMBERSHIP FEES

10 week term

All fees include Registration & Insurance as
required by the Australian Gymnastics Federation
(including GST).

Kindergym

\$90.00 term

General Gymnastics

\$115.00 term

Tumbling

\$130.00 term

Advanced General Gym 1

\$140.00 term

Advanced General Gym 2

\$160.00 term

Girl's & Boy's Competitive Gymnastics

(MAG/WAG) Fees on application.

Additional Competition Entry Fees may apply to
Competitive Gymnasts

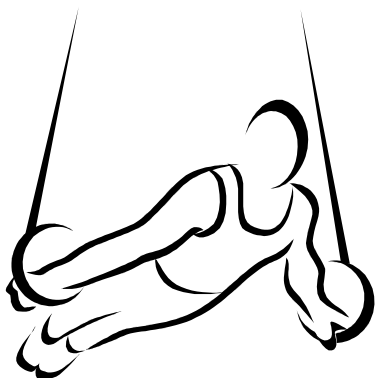
*(Family Discounts are available for
subsequent children)*

Kindergym

A fun movement based programme for under 5's and their carers.



Kindergym Junior: An early introduction to basic gymnastic skills, games and coordination for 3 & 4 year olds and their carers.



General Gymnastics

With the exception of Kindergym, General Gym classes are the starting point for most gymnasts. General Gymnastics is a modified programme for young children, it introduces simple and safe gymnastics. The whole idea is equity and participation regardless of children's abilities or experience. These classes are suitable for children 4 and a half - 12 years.

Sessions include warm up, stretching, gymnastic shapes and learning basic gymnastic skills on all of the apparatus. The sessions finish with a game.

Tumbling classes focus on basic and advanced floor skills. Gymnasts can extend and enhance their skills to improve flexibility and strength. Some experience is preferred.

Session Times during Public School Terms are as follows:

MONDAY

3:30 pm - 4:30 pm	General Gymnastics
4:30 pm - 5:30 pm	General Gymnastics
5:30 pm - 8:00 pm	Boy's Competition Gym

TUESDAY

9:00 am - 9:55 am	Kindergym
10:00 am - 10:55 am	Kindergym
11:00 am - 11:55 pm	Kindergym
12:30 pm - 1:25 pm	Kindergym Junior 3 & 4 yrs
1:30 pm - 2:25 pm	Kindergym Junior 3 & 4 yrs
3:30 pm - 5:30 pm	Advanced General Gym 1
5:30 pm - 8:30 pm	Girl's Comp Gym

WEDNESDAY

9:00 am - 9:55 am	Kindergym
10:00 am - 10:55 am	Kindergym
11:00 am - 11:55 pm	Kindergym
12:30 pm - 1:25 pm	Kindergym Junior 3 & 4 yrs
1:30 pm - 2:25 pm	Kindergym Junior 3 & 4 yrs
3:30 pm - 4:30 pm	General Gymnastics
4:30 pm - 5:30 pm	General Gymnastics
5:30 pm - 8:00 pm	Boy's Competition Gym

THURSDAY

9:00 am - 9:55 am	Kindergym
10:00 am - 10:55 am	Kindergym
11:30 am - 12:25 pm	Kindergym Junior 3 & 4 yrs
3:30 pm - 6:30 pm	Advanced General Gym 2
7.30 pm - 9.00 pm	Tumbling

FRIDAY

4.00 pm - 6.00 pm	Advanced General Gym 1
6.00 pm - 9.00 pm	Girls Comp Gym

SATURDAY

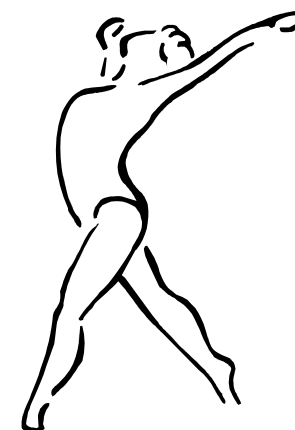
9:30 am - 10:30 am	General Gymnastics
10:30 am - 11:30 am	General Gymnastics
12:30 pm - 4:30 pm	Advanced Comp Gym (Girls)

Pre Competition & Advanced General Gymnastics

The next stage on from General Gymnastics. Includes building on skills already learnt plus working on more strength and flexibility.

These programmes are based on the National MAG / WAG Gymsport programmes levels 0 - 2.

A great introduction for Children who wish to continue on and do MAG or WAG Competitive gym.



Competition Gym

The gymnasts in the competition gym programmes have been selected from the previous programmes. These programmes are known as WAG (Women's Artistic Gymnastics) which is composed of Vault, Uneven Bars, Beam and Floor and MAG (Men's Artistic Gymnastics) which is composed of six apparatus: Floor, Pommel Horse, Rings, Vault, Horizontal Bar and Parallel Bars. The levels trained are 2 - 10.

The gymnasts in these programmes have shown the ability and potential for the competition squads. These gymnasts compete in Competitions conducted by Gymnastics SA.