

# TUMBLING PROGRAM

## Katoomba Sports & Aquatic Centre

### CLASS CONTENT

TUMBLING TOTS	
<b>AGES</b>	3yrs to 5yrs
<b>CLASS TIMES</b>	Thursday and Friday's 10.15am-11.00am
<ul style="list-style-type: none"> <li>Tumbling tots will have loads of fun running, jumping, hopping, skipping, rolling and bouncing on many forms of apparatus.</li> <li>Developing strength, balance, motor skills, body awareness, safety, exercise and movement all to music and having fun.</li> </ul> <p><i>**This program is a great platform to move on to skills in beginner classes.**</i></p>	
GYM FUN	
<b>AGES</b>	4yrs to 7yrs
<b>CLASS TIMES</b>	Tuesday and Wednesday's 3.30pm-4.30pm
<ul style="list-style-type: none"> <li>Basic Tumbling, body awareness and safety will be developed using many drills on all gym equipment. Skills include rolls, handstands, cart wheels &amp; twisting, Classes also offer a "Fun event week".</li> </ul>	
GYM SKILL	
<b>AGES</b>	7yrs to 14yrs
<b>CLASS TIMES</b>	Tuesday and Wednesday's 4.30pm-5.30pm
<ul style="list-style-type: none"> <li>This program focuses on a broader spectrum of endurance, locomotive, strength, flexibility and drills using all equipment.</li> <li>Tumblers will address all skills from Level 1 &amp; 2 set down by Gymnastic NSW. Skills are forward and backward motion, rolls, handstands, cartwheels, roundoffs, flip drills and skill combining.</li> <li>Kids will also follow drills and skills for Level 1 &amp; 2 on single mini, double mini, and trampoline.</li> </ul> <p><i>**Progression to Levels Program is the ultimate goal. These classes also have a competition at the end of the year.**</i></p>	

### LEVELS PROGRAM

<b>CLASSTIMES:</b>	Levels 1 & 2 Thursday - 3.45pm-5.15pm
	Levels 3, 4 & 5 Monday - 4.30pm-6.00pm Thursday - 5.15pm-6.45pm
<ul style="list-style-type: none"> <li>Tumblers are selected for these classes from beginner classes or transfer from other clubs or dance studios who are capable of the skills required.</li> <li>These classes are based on ability not age.</li> <li>Squad program covers a higher standard of skills, drills, strength, flexibility and endurance enabling tumblers to perform at their best.</li> <li>Level 1, 2, 3, and 4 program covers- advanced drills, handsprings, all forward and backward saulting, flips and levels competition passes on floor and all Trampoline apparatus.</li> <li>Tumblers may attend a second class Monday at 4.30pm and also have a class competition at the end of the year.</li> </ul>	

### TERMS AND CONDITIONS

#### HOW TO ENJOY YOUR TUMBLING LESSONS

- Arrive on time for your classes.
- Drop and pick up your child from the teachers Tumbling area.
- Parents are requested to drop their children off, if you are staying and have other siblings there is a cost of \$2.40 per child to play in Kids Kingdom.
- Your child must be supervised at all times in Kids Kingdom.

#### TERM FEES

- Term fees are payable prior to the first lesson.

### GYMNASTICS NSW INSURANCE

For your child to participate in our classes you are required once a year to pay Gymnastics NSW Insurance fees.

This insurance covers the cost of accidents (certain criteria applies). Visit the website to find out details of coverage [http://www.gymnsw.org.au/NSW/Pathways/Insurance/NSW/Your\\_Membership/Insurance.aspx?hkey=47e5539f-55a8-4b69-a0b0-e612b72c212b](http://www.gymnsw.org.au/NSW/Pathways/Insurance/NSW/Your_Membership/Insurance.aspx?hkey=47e5539f-55a8-4b69-a0b0-e612b72c212b)

These fees are required to have been paid for competition entry.

Gymnastic NSW Insurance Fees are:

Recreational \$47.20

Competitive \$86.50

### CHANGING CLASSES

If your child is promoted, you need to see reception and pay any gap in fees and transfer the child across.

### LEVELS 3-5

It is recommended that children in levels 3, 4 and 5 attend 2 sessions each week

Classes are also offered in School Holidays for Tumbling & Trampolining.



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