

Tumbling Program

Katoomba Sports and Aquatic Centre

GET *Active* STAY *Healthy* ENJOY *Life*

CLASS CONTENT

Tumbling Tots	
Ages	3yrs to 5yrs
Class Times	Thursday and Friday's 10.15am-11.00am
<ul style="list-style-type: none"> Tumbling tots will have loads of fun running, jumping, hopping, skipping, rolling and bouncing on many forms of apparatus. Developing strength, balance, motor skills, body awareness, safety, exercise and movement all to music and having fun. <p><i>**This program is a great platform to move on to skills in beginner classes.**</i></p>	
Gym Fun	
Ages	4yrs to 7yrs
Class Times	Tuesday and Wednesday's 3.30pm-4.30pm
<ul style="list-style-type: none"> Basic Tumbling, body awareness and safety will be developed using many drills on all gym equipment. Skills include rolls, handstands, cart wheels, twisting, <p><i>Classes also offer a "Fun event week".</i></p>	
Gym Skill	
Ages	7yrs to 14yrs
Class Times	Tuesday and Wednesday's 4.30pm-5.30pm
<ul style="list-style-type: none"> This program focuses on a broader spectrum of endurance, locomotive, strength, flexibility and drills using all equipment. Tumblers will address all skills from Level 1 & 2 set down by Gymnastic NSW. Skills are forward and backward motion, rolls, handstands, cartwheels, roundoffs, flip drills and skill combining. Kids will also follow drills and skills for Level 1 & 2 on single mini, double mini, and trampoline. <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	
Class Times:	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"> Tumblers are selected for these classes from beginner classes or transfer from other clubs or dance studios who are capable of the skills required. These classes are based on ability not age. Squad program covers a higher standard of skills, drills, strength, flexibility and endurance enabling tumblers to perform at their best. 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. Tumblers may attend a second class Monday at 4.30pm and also have a class competition at the end of the year. 	

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.

Gymnastic 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 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.