

# INFORMATION SHEET

# 2017



Henley and Grange Youth Clubs Inc.

Henley & Grange Youth Clubs Inc.  
Rear Henley High School  
Harvey Street  
Henley Beach, SA, 5022  
ABN 72 949 562 549

Postal Address: PO Box 599  
Henley Beach, SA, 5022

Club Rooms/Office Ph: 8353 4770

E-mail: [gymwest@internode.net.au](mailto:gymwest@internode.net.au)  
[www.gymwest.com](http://www.gymwest.com)



Affiliated with *Gymnastics SA*

[www.gymnsa.com.au](http://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 12 months to approximately 18 years throughout the year, with most activities centred on the normal public school terms.

### *Available Programmes are:*

#### **KinderGym**

12 months to 3 years old

#### **KinderGym Junior**

3 to 5 years old

#### **General Gymnastics**

5 to 12 years old

#### **Advanced General Gymnastics**

By invitation only

#### **Girl's Intermediate Competition Gymnastics**

By invitation only

#### **Girl's Advanced Competitive Gymnastics**

By invitation only

#### **Boy's Competitive Gymnastics**

By invitation only

Proudly sponsored by:



Government of South Australia  
Office for Recreation and Sport



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**

#### **Term 2, 2016**

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

#### **KinderGym**

\$110.00 term

#### **General Gymnastics**

\$155.00 term

#### **Advanced General Gym**

\$205.00 term

#### **WAG Intermediate Competition**

4 hr /week = \$300.00 term

6 hr /week = \$370.00 term

**Girl's & Boy's Competitive Gymnastics (MAG/WAG)** Fees on application

\*\*\*Fees subject to change\*\*\*

*(Family discounts are available for subsequent children)*

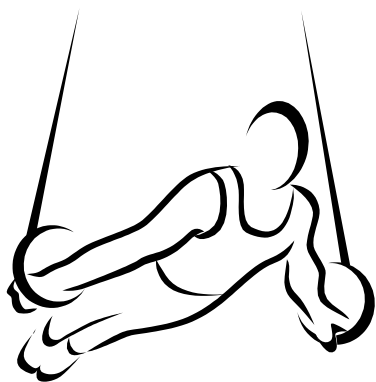
### **KinderGym** **1 to 3 Years**

A fun movement based programme for under 5's and their carers. We offer fundamental movement opportunities to enhance development.



### **KinderGym Junior: 3 to 5 Years**

A fun program to develop skills, physical conditioning, endurance and coordination. Introduction to gymnastic skills and apparatus.



### **General Gymnastics**

With the exception of KinderGym, General Gymnastics 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 5 to 12 years.

Sessions include warm up, stretching, gymnastic shapes, object management, learning basic gymnastic skills on all of the apparatus, group work and games.

## **Session Times during Public School Terms are as follows:**

### **MONDAY**

3:30 pm - 4:30 pm  
4:30 pm - 5:30 pm  
5:30 pm - 8:30 pm

General Gymnastics  
General Gymnastics  
MAG Competition Squads

### **TUESDAY**

9:00 am - 9:55 am  
10:00 am - 10:55 am  
11:00 am - 11:55 am  
12:30 pm - 1:25 pm  
1:30 pm - 2:25 pm  
3:30 pm - 5:30 pm  
5:30 pm - 8:30 pm

KinderGym 1 to 3 years  
KinderGym 1 to 3 years  
KinderGym 1 to 3 years  
KinderGym Junior 3 to 5 years  
KinderGym Junior 3 to 5 years  
WAG Intermediate Comp Squad  
WAG Advanced Comp Squad

### **WEDNESDAY**

9:00 am - 9:55 am  
10:00 am - 10:55 am  
11:00 am - 11:55 am  
12:30 pm - 1:25 pm  
1:30 pm - 2:25 pm  
3:30 pm - 4:30 pm  
4:30 pm - 5:30 pm  
5:30 pm - 8:30 pm

KinderGym 1 to 3 years  
KinderGym 1 to 3 years  
KinderGym 1 to 3 years  
KinderGym Junior 3 to 5 years  
KinderGym Junior 3 to 5 years  
General Gymnastics  
General Gymnastics  
MAG Competition Squads

### **THURSDAY**

9:00 am - 9:55 am  
10:00 am - 10:55 am  
11:00 am - 11:55 am  
12:30 pm - 1:25 pm  
3:30 pm - 5:30 pm  
5:30 pm - 8:30 pm

KinderGym 1 to 3 years  
KinderGym 1 to 3 years  
KinderGym 1 to 3 years  
KinderGym Junior 3 to 5 years  
WAG Intermediate Comp Squad  
WAG Advanced Comp Squad

### **FRIDAY**

3:30 pm - 5:30 pm  
5:30 pm - 7:30 pm  
7:30 pm - 9:30 pm

Advanced General Gym Junior  
Advanced General Gym Senior  
WAG Advanced Comp Squad &  
MAG Advanced Comp Squad

### **SATURDAY**

9:30 am - 10:30 am  
10:30 am - 11:30 am  
11:30 am - 12:30 pm  
12:30 pm - 3:30 pm  
3:30 pm - 5:30 pm

General Gymnastics  
General Gymnastics  
General Gymnastics  
WAG Advanced Comp Squad  
WAG Intermediate Comp Squad

### **Advanced General Gymnastics - Girls**

Advanced General Gymnastics is the next step from General Gymnastics. Building on the foundation formed in General Gymnastics, Advanced Gymnastics focuses on strength and flexibility in readiness for progression to the competition squads.

Advancement to this group is by invitation only and is based on skill level and available vacancies.



### **Intermediate Competition Squads - WAG (Girls) & MAG (Boys)**

The next stage on from Advanced General Gymnastics. Includes building on skills already learnt, increase of strength, flexibility and learning new routines on each apparatus. This group aims to compete 3 times a year.

These programmes are based on the National MAG/WAG Gymsport programmes levels 1-3.

A great introduction for children who wish to continue on and do higher level MAG or WAG competitive gymnastics.



### **Advanced Competition Gymnastics - WAG (girls) & MAG (boys)**

The gymnasts in the advanced competition gymnastic 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. MAG (Men's Artistic Gymnastics) which composed of six apparatus: floor, pommel horse, rings, vault, horizontal bar and parallel bars. The levels trained are 4-10.

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