

## What Other Programs Does GW Offer?

For 5+ year old children interested in doing competitive gymnastics, please see our MAG (Boys) or WAG (Girls) Information Leaflets at Reception or on the GW website.

## Session Term Dates 2022

Term 1	31 <sup>st</sup> January - 14 <sup>th</sup> April
Term 2	2nd May - 9 <sup>th</sup> July
Term 3	25 <sup>th</sup> July—1 <sup>st</sup> October
Term 4	17 <sup>th</sup> October - 17 <sup>h</sup> December

## Training Sessions Are

- Held during the DfE public school terms
- Not held during School Holidays or on Public Holidays

## Communication with Coaches

Coaches are fully engaged during sessions and immediately prepare for the next class. A Communication Book is provided for messages, or for longer communications please contact them as per below OR [gymforall@gymwest.com](mailto:gymforall@gymwest.com)  
ATT: Cameron Egger or Ryan Black | GfA Head Coaches

## Communication with the Club

President	Mr Mike Remkes
Street	Gate 3, Henley High School Harvey Street, Henley Beach, 5022
Postal	PO Box 599, Henley Beach, 5022
Phone	8353 4770 (Answering machine only)
Email	<a href="mailto:enquiries@gymwest.com">enquiries@gymwest.com</a>
Website	<a href="http://www.gymwest.com">www.gymwest.com</a>
Facebook	GymWestGymClub

GW is proudly in partnership with the City of Charles Sturt and the Office of Recreation, Sport and Racing. GW is also grateful to its sponsors and welcomes enquiries regarding sponsorship.



## Parents and Siblings

Only those athletes enrolled in GfA are permitted in the training area, other siblings and parents should remain in the foyer. Food and drinks are not permitted in the training area under any circumstances (except water).

## Fundraising

Gym West is an active, inclusive, dynamic community that regularly raises funds for various projects. These are primarily ongoing maintenance and upgrade of gymnastic equipment. Families are asked to support events and activities by contributing time, money and goods from time to time.

## Sports Vouchers

We are a registered provider of the SA Government's Sports Vouchers program. The purpose of the program is to reduce cost as a barrier for children to participate in organised sport. The \$100 discount is available to all primary school children aged 5-15 (Reception to Year 9). Sports Voucher Claim Forms are available at Reception. The term fee balance (minus the \$100 SV value) is to be paid in full as per the member's invoice, with the \$100 discount applied once Gym West has received the funds from the Department of Recreation, Sport and Racing.

## Yearly Membership

Membership must be renewed each year via our online membership database, RevolutioniseSPORT prior to commencement of activities. This is renewed annually.

## Car Parking

In line with our agreement with HHS, please use the western carpark only, entry via Gate 3 off Harvey Street. The carpark is a hazardous area and children must be closely supervised in and out of the building.



Henley and Grange Youth Clubs Inc.

## GfA Information Leaflet 2022

Information about Gymnastics for All (GfA) is below. We hope you find this helpful and please do not hesitate to contact us by email if you require more details.

GfA is a non-competitive program, gymnasts are introduced to and taught skills on equipment such as Mini Tramp, Floor, Beam, Horizontal Bar, Still Rings, Uneven Bars, Parallel Bars, Vault, Pommel Horse and Hand Apparatus.

## GfA Coaches

**Head Coach Cameron Egger / Ryan Black**

Coaches Tayla de Beer Demi Gallos Emma Cenzato  
Isla Sorensen Sienna Keeble Carla Flynn

## Junior Coach Program

Athletes from all gym sports are supported and encouraged to join our Junior Coach Program, introducing them to Coaching and Judging roles under direct supervision of senior coaches.

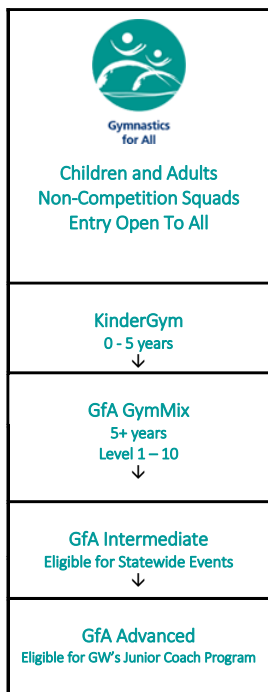
## Policies

GW has several policies that everyone must comply with, full details are available on the website, including our Member Protection and Child Safe Policies which cover issues such as:

- Asthma Aware
- Bullying, Discrimination and Harassment
- Child Safety
- Codes of Behaviour for Athletes and Parents/Carers
- All Weather
- Smoke and Alcohol Free
- Social Media



Healthy clubs. Strong communities.



**GfA KinderGym (K/Gym)**  
 GfA K/Gym is especially designed for 0 - 5 year olds and is the beginning of a lifelong love of and involvement with sport. For more details see our GfA KinderGym Information Leaflet available at Reception.

**GfA GymMix**  
 GymMix is the next step for 5+ year olds, offering a fusion of all Gymsports: Artistic Gymnastics combined with Rhythmic, Acrobatic, Aerobic, Trampoline, Cheerleading and Display Gymnastics.

Skills are taught safely while having fun by providing a fundamental, sequential gymnastics program. This program offers foundation skills through to more advanced skills primarily by encouraging gymnasts to work with a buddy or in a group. Gymnasts are loosely grouped by age and ability and participate in a number of in-house events throughout the year:

- TeamGYM Challenge
- Parent and Child sessions
- Display Presentations

### GfA Junior

This program is an extension of the above GymMix and includes both in-house and external events. Gymnasts are again grouped in 'colour' groups with like-gymnasts placed together and a strong emphasis on teamwork.

### GfA Senior

This program is an extension of the Intermediate program. It has the same make up of groups and gymnasts start to work independently with a coach facilitating each group. Older gymnasts are offered leadership roles within the GfA program.

There are several events throughout the year. Due to Covid-19 restrictions, dates may be changed;

- GfA Challenge #1 (External) 25th & 26th June
- TeamGYM Interclub #1 (External)
- GfA Challenge #2 (External) 24th & 25th of September
- Festival of Performance Gymnastics 26th November
- GfA TeamGYM State Championships 27th November

Group	Day	Training Time	Fee for 1st Term
GymMix	Monday	3.30pm - 4.30pm	\$266
		4.30pm - 5.30pm	\$266
GymMix	Wed	3.30pm - 4.30pm	\$266
		4.30pm - 5.30pm	\$266
GymMix	Saturday	8.00am - 9.00am	\$266
		9.00am - 10.00am	\$266
Junior	Saturday	10.00am - 11.30am	\$326
Senior	Saturday	11.30am - 1.30pm	\$336

### Session Times and Fees Fees Policy

GW has a comprehensive Fees Policy, including:

- Fees are based on the expected annual attendance costs of training, registration, insurance and administration costs, competition or presentation fees, Gymnastics Australia's (GA's) membership fee and equipment levy.
- Member Registration with Gymnastics SA, plus Insurance and Administration Fee is invoiced (\$75 once per year) in the first term of attendance, regardless of start date through the year. Subsequent term invoices will be raised once GW has placed your child in their session (\$191.00 Gym Mix, \$251.00 Junior, \$261 Senior) per subsequent term)
- Fees must be paid in full within 28 days of the date of the invoice
- Failure to pay by the 28<sup>th</sup> day will result in a 5% late payment fee being charged
- All fees from the current term are to be paid before the next term's activities can be commenced

### Fee Payment Method

BSB: 065-152

Account: 10251986

Reference: Child's Surname and Invoice Number (eg—SmithMC555)

### Enrolment Enquiries

Please contact our administration staff during business hours, or send your enquiry via our website - gymwest.com - using the Contact tab. We will be in contact in 3 - 5 days to confirm availability and discuss any queries you have.

Administration Officer Julia Klar  
 Program Coordinator Bonica Little

### Uniform

As per GW's Uniform Policy, athletes must be correctly dressed for safety and comfort and be ready for sport.

#### • Training

Close fitting shorts and T-Shirt (no crop tops), bare feet, hair tied back. For safety, jewellery, watches and personal fitness devices must be removed

#### • GfA Junior and Senior (only)

GW TeamGym Shirt \$45.00



### Illness and

- If an athlete is unwell or injured please do not send them to training and risk their recovery and/or adversely affecting others
- Costs for running the programs are based on weekly participation, unfortunately we do not refund for missed sessions or hold makeup classes

### Injury