

WELCOME TO EGA INFORMATION BOOKLET

Enrol now for a 2024
Gymnastics program!



Contents

Eastern Gymnastics New Customer Information Booklet

Welcome to EGA & Registration information	1
Selecting the right Class for your Child	
Bouncing Buddie Playgroup.....	2
Competitive Levels/Squad Training	
Recreation Schedule.....	3
Important information on Competitive gymnastics	4
Drop in Class Information and Registration	5
Further information	6
Communication	
Merchandise	7

At Eastern Gymnastics Academy, we've created an inclusive environment where every child can thrive and enjoy the wonderful world of gymnastics. Whether your child is a beginner or has prior experience, we have a class that suits their needs.

To make things easier for you, we utilise iClassPro customer portal via our website where you can explore all the available classes and select the one that best fits your child's year group at school. Simply visit our website at <https://aus.iclasspro.com/portal/easterngymnasticsacademy> to access all the information you need.

We understand that every child is unique and has different learning abilities. That's why our recreation classes are designed for students of all abilities, with or without previous gymnastics experience. Within each class, we have different Colour-coded/Stages or levels that cater to your child's individual learning needs.

Eastern Gymnastics Academy operates as a drop off and pick up facility. Only gymnasts are allowed entry through the front door of the center. Students are to wait with their parents at the front entrance of the gym for the coach to collect from the front door. To ensure punctuality, we will open the doors 10 minutes prior to each class. This will allow sufficient time for gymnasts to enter and prepare for their session. We kindly ask that parents/guardians adhere to this timing to avoid any disruption or delay.

We wanted to take a moment to explain our procedures and protocols regarding access to our facility, as we prioritize the safety and well-being of all individuals under our care.

One of our top priorities is maintaining a secure environment for your loved ones. In order to achieve this, we have implemented certain procedures that may involve kindly asking parents/guardians to remain outside the gym during specific times. While we understand that this may seem inconvenient, please know that it allows us to better regulate access and monitor who enters our facility.

By enforcing these procedures, we are able to ensure the safety and security of all individuals within our care. It enables us to maintain a controlled environment where we can focus on providing the best possible support and assistance to your children. EGA will host events ([see Events Calendar](#)) where we invite parents/carers access to view the activities.

To ensure the privacy and safety of all children, we kindly request that parents only take photos of their own children. This guideline is in place to protect the privacy of every child and maintain a safe environment.

We understand that transparency is key in building trust, so if you have any questions or concerns about these procedures, please do not hesitate to reach out.

Selecting the Right Class for Your Child

We are excited to offer a range of classes tailored to meet the needs and interests of your child. Below, you will find a breakdown of our morning and after-school classes along with the recommended age groups and level of parental involvement.

Pre School Morning Gymnastics Classes - Wednesdays and Fridays

EGA Toddler Class - 45min Designed for children aged 18 months to 3 years old, this class encourages parent/carer involvement, fostering a nurturing environment for your little ones.

Kinder Gym Class - 45min Geared towards children aged 3.5 to 4 years old. PARENTAL SUPERVISION/participation IS MANDATORY. This class focuses on developing essential motor skills through fun exercises and activities.

Kinder Stars Class - 1 Hour Ideal for children aged 4.5 to 5 years old who will be attending school the following year. This class operates as a drop-off and pick-up session, preparing them for more independent learning experiences.

Bouncing Buddies Playgroup

We are excited to invite you and your toddler to join Bouncing Buddies PlayGroup, where little ones can come together for a delightful time of fun, play, and interaction with other toddlers. Our playgroup sessions take place every Tuesday and Thursday for a duration of 2 hours.

Bouncing Buddy's is affiliated with Playgroup Australia, ensuring that our program meets the highest standards of early childhood education. We offer a wide range of engaging activities designed to promote learning and development in a playful environment. Some of the activities we have in store for your little one include gymnastics, dance, circus skills, fine motor skill exercises, craft activities, and storytime.

Our playgroup sessions are organised in such a way that they allow toddlers to explore their surroundings freely while also encouraging social interaction with their peers. Please note that our classes follow a non-structured format to ensure that each child has the freedom to learn at their own pace.

To make sure your toddler stays energised during the session, please pack a snack for morning tea. Additionally, we recommend dressing your child in appropriate gym attire to ensure comfort and ease of movement during the various activities.

We look forward to welcoming you and your toddler to Bouncing Buddy's Play Group soon!

Afternoon Classes

Beginner Recreation: Perfect for kindergarten to year 1 students who are new to gymnastics and eager to learn the basics.

Intermediate Recreation: Tailored for year 2 to year 3 students, this class builds upon the foundational skills learned in beginner recreation.

Boys Gymnastics: We are delighted to introduce our Boys Gymnastics program, designed specifically for boys from beginner to advanced levels who are interested in learning the foundation skills of Men's Artistic Gymnastics. Our program aims to provide a solid pathway into competitive gymnastics, nurturing talent and fostering a love for the sport.

Our comprehensive curriculum focuses on developing strength, flexibility, coordination, and agility – all essential skills for success in Men's Artistic Gymnastics. Through a combination of structured training sessions and individualized coaching, we ensure that each participant receives personalised attention and guidance.

Gym Skills: Specifically designed for year 3 students with previous experience in competitive gymnastics or at least one year of intermediate recreation classes.

Advanced Recreation: Geared towards year 4 to year 6 students who have developed a solid foundation and are ready to take their gymnastics skills to the next level.

Teen Gym: Designed exclusively for year 7 to year 10 students, providing them with an opportunity to further enhance their gymnastics abilities in a supportive environment.

Competitive Levels/Squad Training

We are excited to announce that our gymnastics club is now accepting transfers from other clubs for our competitive program. If you have a gymnast who is currently in the competitive levels and wishes to continue their training at a new club, we would love to hear from you.

To express your interest and provide us with some basic information about your child, please fill out the form available at <https://form.jotform.com/232877842175871>. This will help us assess your child's skill level and determine the best placement within our competitive stream.

Additionally, if you believe your child has what it takes to join our competitive stream and they are currently in Kindergarten to year 2, we encourage you to use the same link above. We welcome young talents who show potential and are eager to develop their skills further.

At our club, we pride ourselves on providing top-notch training facilities, experienced coaches, and a supportive environment that fosters growth and achievement. Our competitive program offers opportunities for gymnasts to showcase their abilities in regional and national competitions.

Please note our competitive program is a commitment between the parents/child and the club and you will be required to train compulsory days per week. Please select one of the appropriate classes for your child if you do not wish for her to participate in competitive gymnastics or train compulsory days.

Full competition and training uniform you are also required to wear if you are selected in the competitive program.

Competitive programs are by selection only or invitation.

Beginner Recreation and Intermediate recreation class is our talent pool to invite students to attend the competitive program.

We would like to bring to your attention some important details regarding our competitive gymnastics program.

Firstly, we want to emphasise that our competitive program requires a commitment from both the parents/child and the club. As part of this commitment, your child will be required to train on specific compulsory days per week. This training schedule is designed to ensure proper skill development and progress in the sport.

If you do not wish for your child to participate in competitive gymnastics or train on compulsory days, please let us know. In such cases, we kindly request you to select an appropriate recreation class for your child that aligns with their interests and goals.

Furthermore, it is important to note that if your child is selected for the competitive program, they will be expected to wear the full competition and training uniform provided by the club. This uniform not only represents our team spirit but also ensures a cohesive and professional appearance during training and competitions.

We would like to reiterate that our competitive programs are by selection only or through invitation. Our coaches carefully assess each gymnast's skills, dedication, and potential before extending invitations to join the program.

To be eligible for the **Squad 1 & 2** Classes, students in our Kindergarten to Year 2 Recreation classes will have two options:

1. Skills Testing: Three times per year, we conduct Skills Testing sessions where students can showcase their abilities. Based on the results, selected students will be invited to join our Lower Squad Classes.

2. Talent ID Days: Throughout the year, we will also be organising Talent ID Days where all interested students can attend. This will provide an additional opportunity for them to demonstrate their skills and potentially secure a spot in our Lower Squad Classes.

Participation in the **Squad 1 & 2 Classes** can offer numerous benefits, including enhanced skill development, exposure to more advanced training techniques, and potential opportunities for future growth within our program.

To be eligible for our **Senior Levels** program, candidates must have successfully completed Stage 4 in Advance Class and currently be in year 4-12. Our Senior Levels class is designed specifically for students who desire the competitive edge without being bound by required training hours.

Our **Senior Levels** program offers flexible scheduling options, allowing students to attend classes once or twice a week based on their preference and availability. We cater to students at Level 3-5, providing them with advanced training and guidance to enhance their performance in competitions.

DROP IN CLASS

We're excited to invite you to join our drop-in class for a single lesson! Whether you're new to our program or simply want to try it out, this is a great opportunity for your child to experience our teaching methods firsthand.

To book your spot, please visit our website and navigate to the "Drop-In" tab. There, you'll find the link to reserve your place in the class. Please note that availability may vary, so we recommend checking the class registration page for up-to-date information.

Before registering, kindly ensure that your child meets the age requirements specified in the class description. This will help us ensure that they will benefit from and enjoy their time with us.

If you have any further questions or need assistance with the booking process, feel free to reach out. We're here to help!

- 1 lesson only
- Drop in link is also available on our website tab.
- Check class registration page for availability for drop in
- Make sure your child fits the year requirement to join the class (see above - class description)

Drop in registration LINK Below

<https://www.easterngymnasticsacademy.com.au/event/drop-in/>

Further information

1. **Full Registration and Payment:** Please note that to secure a spot in your nominated class, full registration and payment must be completed. This will guarantee your place in the class of your choice. Please note that registrations *do not automatically roll over* from one term to another. It is necessary for parents to register their child again for each upcoming term.

To secure a spot for your child in the class, we kindly request that you complete the registration process and make full payment by week 7 of each term. We operate on a first-come, first-served basis, and unfortunately we are unable to hold spots without payment.

It is important to ensure that your child's enrollment is confirmed with payment before they can attend the classes. Once your payment has been received and processed, we will confirm the enrollment and provide further details regarding the class schedule.

We kindly ask that you do not drop your child off at the gym unless they are enrolled & fees are paid. If you need a Payment Plan please contact us.

2. **Class Fees:** The fees for each class can be found on the registration form. It's important to note that fees are adjusted starting from week 3 of the term.

3. **Term Fees Coverage:** Our term fees cover 8 lessons per term, allowing for 2 bonus (free) lessons if you register at the start of the term. This means you'll receive additional value by registering early.

4. **Registration Fee Adjustment:** The registration fee will be prorated automatically according to the week of registration ie. is commenced in Week 3. . Please keep this in mind when completing your registration. YOu will need to contact EGA to adjust the fees.

5. **Drop-in Lessons:** If you wish to participate in a drop-in lesson, please be aware that an extra fee will apply.

We hope this information clarifies any questions you may have had regarding the registration process and associated fees.

6. **Class Registration:** Please note that drop-in lessons do not guarantee your spot in the class. If a class is already full, we kindly request you to register for the waitlist. Our team will notify you as soon as a spot becomes available.

7. **Uniform Requirements:** For the best experience, we require all students to wear a full uniform during their lessons. However, please note that an official uniform is not required for the first day or drop-in sessions. Appropriate comfortable active wear is acceptable.

To purchase the official uniform, please visit the jotform <https://form.jotform.com/220467476741865>. This form will guide you through the process of selecting and purchasing your uniform items. If you have any questions or need assistance with sizing or specific requirements, feel free to reach out to the support team at palmchiactive@gmail.com

8. **Communications:** We have various communication channels we use to keep you informed about all the exciting happenings at our club.

Please ensure that you have selected to receive emails on your **customer portal**. This will ensure that you receive important updates, announcements, and newsletters directly to your inbox. If you haven't done so already, please log in to your customer portal and update your preferences accordingly.

We highly recommend downloading our [Team app](#) and registering with our club. This app is a convenient way for us to communicate with parents efficiently and effectively. You'll receive instant notifications about any urgent news or updates related to your child's activities at the club.

Don't forget to follow us on our social media pages on Facebook and Instagram. By doing so, you'll stay updated on all the latest news, events, photos, and videos from our club community. It's a great way to feel connected with other parents and share in the excitement of our activities together.

We understand how crucial it is for parents like yourself to stay informed about their child's involvement in our club. By actively engaging in these communication channels, you'll ensure that you never miss out on any important information or upcoming events.

Thank you for considering Eastern Gymnastics Academy as the club for your child's gymnastics journey. We are excited to have you and your family join our community!

Our mission is to provide a fun and enriching learning experience that helps children reach their full gymnastics potential. With our experienced coaches and state-of-the-art facilities, we are dedicated to nurturing their skills and fostering a love for the sport.

Our highly trained coaches will guide your child through progressive training programs tailored to their age and skill level. From foundational techniques to advanced routines, we ensure each child receives personalised attention in a safe and supportive environment.

Should you have any questions or require further information, please feel free to reach out to us at easterngymnasticsacademy@gmail.com. We are more than happy to assist you in any way we can.

We look forward to embarking on this wonderful gymnastics adventure with your child at Eastern Gymnastics Academy!