

BALC Recreational Gymnastics Guide

Welcome to BALC Gymnastics!

Here at BALC Gymnastics, we strive to ensure that gymnastics is inclusive, challenging and fun. We are a recreational gymnastics club and aim to motivate and support our gymnasts to be the best gymnasts that they can be.

Our recreational gymnastics classes are run by Gymnastics Australia qualified gymnastics coaches who strive to make every class engaging, challenging and fun. Our gymnastics hall offers a large collection of equipment including; the sprung floor, beams, uneven and parallel bars, the rings and ropes, two trampolines and a large foam pit.

Our gymnastics program is tailored to suit the growing needs of your child and teenager. We teach and build upon the fundamental movements; statics, landings, rotations, swing, spring and locomotion. Gymnastics Australia's motto is 'Start here, go anywhere!' Gymnastics is a great foundation for so many other sports and activities.

Our BALC Gymnastic Program has the following levels. Please contact us to book a free trial!

The level that your child begins in is dependent on a combination of their age and ability.

| Level | Age guide (approx.) | Class description | Duration |
|-----------|---------------------|---|-------------------|
| Roll | 4 yrs to 6 yrs | A great introduction class, teaching children the basics of gymnastics in a fun and exciting environment. | 1 hour |
| Jump | 6 yrs to 8 yrs | Developing basic skills further into performing the core skills of gymnastics, including on apparatus. | 1 hour |
| Jump Plus | 8 yrs to 9 yrs | Further development of the basic skills (i.e. forward and backwards rolls, handstands, cartwheels) | 1 hour |
| Swing | 8 yrs to 12 yrs | Developing technique, strength and flexibility alongside learning more complex gymnastics skills. | 1 hour or 2 hours |
| Flip | 12 yrs to 16 yrs | Mastering the basics and beginning to work on more advanced skills and sequences. | 1 hour or 2 hours |
| Twist | 12 yrs to 16 yrs | For competent participants with a focus on individual and linked advanced skills across all apparatus. | 2 hours |
| Gym4Me | 12 yrs to 17 yrs | A program for teens that is participant-led and individuals set their own goals to work towards. | 1 hour |

Our Floor, Tumbling and Vaulting classes:

| | | | |
|--------------|------------------|--|---------|
| Rebound | 8 yrs to 16 yrs | Focusing on tumbling skills, vaulting and partner/team skills including shape and strength activities. | 2 hours |
| Rebound Plus | 12 yrs to 16 yrs | Focusing on advanced floor skills and connecting these in sequences, plus higher level vaulting and team skills. | 2 hours |

Our Access and Inclusion classes. Please feel free to contact us directly to discuss your child's needs.

| | | | |
|-------------|------------------|--|--------------|
| Access All | 5 yrs to 15 yrs | An inclusive class providing the opportunity for those with special needs to learn a range of gymnastics skills. | 1 hour |
| 1:1 Classes | Open to all ages | Our 1:1 classes provide a specialised lesson tailored for the participant to work on their goals with a coach. | 30 - 45 mins |

In the gymnastics hall you will find:

- **Gymnastics Coaches:** Fully accredited Intermediate Gymnastics Coaches who also hold Level 2 First Aid, CPR and a Working with Children's Check (WWCC).
- **Assistant Gymnastics Coaches:** Fully accredited Beginner Gymnastics Coaches who are working under the supervision of an Intermediate Gymnastics Coach. These coaches also hold a Level 2 First Aid, CPR and a WWCC if over 18 years old.

What to bring and wear to a BALC Gymnastics class:

- Please ensure that your child is wearing comfortable clothing free from zips and metal buttons. We recommend a t-shirt, leggings, shorts or tracksuit pants. Leotards or crop tops and bike shorts are welcome too.
- Remove shoes and socks.
- All long hair should be tied back.
- Remove all jewellery, earrings and watches, including fitness watches. If earrings can not be removed, medical tape will need to be applied over the earring to prevent it getting caught or falling out during the class.
- Pigeon holes are available for belongings during class times in the Gymnastics Hall corridor
- Please provide your child with a drink bottle filled with water.

Photography and Filming:

Please be aware that there is no filming or photography of gymnasts in the Gymnastics Hall. This is in accordance with our Child Protection policy and for the protection of all gymnasts and BALC staff.

Medical Conditions and Additional Needs:

Please make contact and speak with us in the Gymnastics office on 5330 4113 if your child has any medical conditions or additional needs. We are an inclusive gymnastics club and have many ways of ensuring your child is best supported during their time at BALC.

If you have any further questions about the BALC Gymnastics Recreational Program, please contact the Tess Rooker, the Gymnastics Team Leader, on 5330 4113 or email tessrooker@ballarat.vic.gov.au

