

strength  
optimism  
justice  
**seymour.**

## Seymour College Gymnastics

Classes for Term 2, 2019

Tuesday		Wednesday	
3.45pm - 4.30pm	'Junior Gymnastics' <i>Reception and Year 1</i>	3.45pm - 4.30pm	'Petite Gymnastics' <i>3+ (Enya, Ainsley and Prep)</i>
4.30pm - 5.15pm	'Primary Gymnastics' <i>Year 2 and Year 3</i>	4.30pm - 5.15pm	'Elementary Acro' <i>Year 4 and Year 5</i>

5.30pm - 6.15pm	'Junior Gymnastics' <i>5 to 6 year olds</i> <i>(7 year olds by negotiation)</i>
6:15pm - 7:00pm	'Elementary Acro' (Tumbling) <i>7 to 10 year olds</i>

- Seymour students only
- Non-Seymour students only
- For both Seymour and non-Seymour students

### Costs:

- Seymour students: \$126.50 per term.
- Non-Seymour students: \$170.50 per term.

Location: Seymour College Sports Centre

Coordinator: Brittany Neeb

To enrol for Term 2, 2019 classes, please fill in the form overleaf and email to Brittany Neeb at [gymnastics@seymour.sa.edu.au](mailto:gymnastics@seymour.sa.edu.au) (email is the best method of communication).

Please note classes missed due to a student absence cannot be caught up.

**Places will fill quickly - book now!**

# Seymour College Gymnastics Program

The Seymour Gymnastics program includes fun circuits and activities which aid skill development. The program uses games, music and dance, hand apparatus and gymnastics equipment such as ribbons, balls and hoops to keep the gymnasts physically and mentally stimulated.

All coaches are highly trained and accredited, and create a fun and safe atmosphere for all participants. The program is structured around a levels system which is used to move students through skills at their own pace while still allowing students to be aware of the skills they achieve.

## **'Petite Gymnastics'**

Petite gymnastics provides a fun introduction to gymnastics, these classes are intended to explore co-ordination, movement and shape. Young children need as many opportunities as possible to optimise brain development and increase physical potential before they go to school. Petite Gymnastics provides a safe environment for children to develop physical skills in a fun and playful way, at their own rate. Educational research tells us that children learn best through exploring and discovering their abilities through physical activity. Our program offers fundamental movement; ensuring they can experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies.

## **'Junior Gymnastics'**

Much like Petite Gymnastics, Junior Gymnastics provides a fun introduction to gymnastics, these classes are an excellent progression from kinder-gym to the structured programmes of General Gym. Junior gymnastics rely on safe and enjoyable activities that challenge participants relative to their abilities and stage of development

## **'Primary Gymnastics'**

Primary and Elementary Gymnastics offers introductory programmes based on the Gymnastics For All programme, developed by Gymnastics Australia. Classes are designed to begin teaching gymnastic skill progressions by encouraging gymnasts to explore their own capabilities through movement.

## **'Acro Dance/ Tumbling'**

Acrobatic Dance, or acro as it is commonly referred to by dance professionals, is the fusion of classic dance technique and the precision of acrobatic/gymnastics tumbling. Removing apparatus such as bars and beam, Acro Dance focuses on floor-based skills such as cartwheels, handsprings, aerials and much more. By removing the apparatus most commonly found in gymnastics students will learn skills that they will be able to apply to other areas of sport or learning. Acro technique includes balancing, limbering, tumbling and partnering, based in flexibility, contortion and strength.

Seymour College is now a registered Acrobatic Arts certified studio to ensure students are receiving the very best Acrobatics training.

## **Dress Code:**

Students are to dress in a leotard with shorts or firm fitting fitness attire. No dresses or skirts or loose fitting clothes please. Hair should be tied back and student's participate in bare feet. Please bring a drink bottle with water (no juice or cordial please). There is a no food and drink policy inside the gym, however there is a designated drink space which students access throughout the classes.



# Medical Form

Name:.....Year Level:.....School:.....

Please keep us up to date with your child's medical information. If necessary, fill in a new form.

<b>Medical Condition</b>	<b>Special instructions (include whether mild/moderate/severe condition)</b>
Epilepsy	Yes/No: .....
Heart Condition:	Yes/No: .....
Diabetes:	Yes/No: .....
Respiratory (e.g. Asthma)	Yes/No: .....
Puffer:	Yes/No: .....
Disorder:	Yes/No: .....
Anaphylaxis:	Yes/No: .....
Epipen:	Yes/No: .....
Insect bites, stings	Yes/No: .....
Hay fever	Yes/No: .....
Food or Drugs::	Yes/No: .....
Other:	Yes/No: .....
Recent injury:	Yes/No: .....
Other:	.....

Please include information regarding learning disabilities, motor disorders, etc. This information will assist us in coaching your child.

**NOTE:** Any medication must be in the original box or labelled with name, date of birth and instructions. Expiry date must be clearly visible.

If your child suffers from an extreme medical condition requiring life saving medication, a Care Plan must be supplied (by a GP if possible).

An emergency cassette/box can be supplied. This box is labelled with name and date of birth and will have the Care Plan attached with clear instructions to treat your child in the event of an emergency. The box will contain the child's specific medication, supplied by parents.

In the event of an asthma attack, Seymour College staff follow the National 4x4 Asthma First Aid policy. Generic epipens are also available for previously undiagnosed anaphylaxis.

# 2019 Gymnastics New Enrolment Form

I wish to enrol .....at Seymour Gymnastics in the following class/es:

email: .....

## Tuesday

- 'Junior Gymnastics' (3.45-4.30pm – Reception and Year 1)  SEYMOUR ONLY
- 'Primary Gymnastics' (4.30-5.15pm) – Year 2 and Year 3  SEYMOUR ONLY
- 'Junior Gymnastics' (5.30-6.15pm) – 5-6 year olds
- 'Elementary Acro' (Tumbling) (6.15-7.00pm) 7-10 year olds

## Wednesday

- 'Petite Gymnastics' (3.45-4.30pm) – 3+ (*Enya, Ainsley and Prep*)  SEYMOUR ONLY
- 'Elementary Acro' (4.30-5.15pm) – Year 4 and 5  SEYMOUR ONLY

Once your enrolment form has been received by the Gymnastics Coordinator you will receive an email regarding your enrolment and your gymnastics portal login details. Fees must be paid prior to the second class. Failure to do so will result in your child being unable to attend.

# 2019 Gymnastics Re-Enrolment Form

I wish to re-enrol.....at Seymour Gymnastics in the following class/es:

## Tuesday

- 'Junior Gymnastics' (3.45-4.30pm) – Reception and Year 1  SEYMOUR ONLY
- 'Primary Gymnastics' (4.30-5.15pm) – Year 2 and Year 3  SEYMOUR ONLY
- 'Junior Gymnastics' (5.30-6.15pm) – 5-6 year olds
- 'Elementary Acro' (Tumbling) (6.15-7.00pm) – 7-10 years

## Wednesday

- 'Petite Gymnastics' (3.45-4.30pm) – 3+ (*Enya, Ainsley and Prep*)  SEYMOUR ONLY
- 'Elementary Acro' (4.30-5.15pm) – Year 4 and 5  SEYMOUR ONLY

Once your re-enrolment form has been received by the gymnastics coordinator you will receive an email regarding your enrolment. You will be prompted to your family portal where your classes and invoice will have been updated. Fees must be paid prior to or at the first class. Failure to do so will result in your child being unable to attend.