



# ROLEYSTONE GYMNASTICS CLUB

MORE THAN GYMNASTICS

[www.roleystonegymnastics.com.au](http://www.roleystonegymnastics.com.au)

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# WHAT WE OFFER

*At RGC we have many programs to suit anybody wanting to join gymnastics.*



## ZAPPERS LEAGUE

RECREATIONAL CLASSES FOR CHILDREN AGED 0-6  
SEE PAGE 2



## SOCIAL CLUB

NON-COMPETITIVE CLASSES FOR AGES 6 TO SENIORS  
SEE PAGE 3



## SPARK SQUAD

COMPETITIVE CLASSES FOR INDIVIDUALS SEE PAGE 4-5



## LIGHTNING PROGRAM

CLASSES FOR TEAMS SEE PAGE 6



# ZAPPERS LEAGUE

The Zappers League is an introductory program run by Roleystone Gymnastics Club that allows students who are 0-6 years old the opportunity to learn fundamental movement skills, including gross motor and fine motor skills, in a fun and engaging manner. No experience needed to join any of our Zappers League classes.

| Class            | Age            | Length of Class | Cost per term* |
|------------------|----------------|-----------------|----------------|
| Kindergym        | 0 to 3.5 Years | 45 mins         | \$90           |
| Kinder Challenge | 3.5 to 4 Years | 45 mins         | \$122          |
| Gym Fun          | 4 to 6 Years   | 1 hour          | \$152          |
| Gym Challenge    | 5 to 6 Years   | 1 hour          | \$152          |
| Junior Free G    | 5 to 6 Years   | 1 hour          | \$152          |

\* Fees based on a 10 week term, Fee discounts may apply if registering late in the term.

## COMMON QUESTIONS

### CAN PARENTS WATCH CLASSES?

We love having parents watch the classes, and it gives parents and guardians a great opportunity to meet others and become more involved in the club. **Please note that Kindergym classes are caregiver assisted and children can not be left alone in the class.**

### WHAT SHOULD I WEAR FOR MY CLASS?

A tight-fitting singlet or t-shirt paired with shorts or leggings is fine. We ask all athletes to wear jumpers and track pants in term 2 and 3 as the gym can get very cold.

### CAN I PAY FOR MY CLASSES CASUALLY?

We do not offer casual rates at RGC. You can find more fee and payment information on page 11

# SOCIAL CLUB



Our social club program allows athletes ages 6 to senior the opportunity to participate in a sport without the need for competition. Our classes promote friendship and fitness and are only ranked by skill level where necessary, for the safety of participants. No experience required to join any of our social club programs, unless otherwise specified.

| Class                           | Age            | Class length | Cost per Term*           |
|---------------------------------|----------------|--------------|--------------------------|
| Level 1 & 2 Artistic Gymnastics | 6 – 9 Years    | 2 hours      | \$240                    |
| GymSkills                       | 8+ Years       | 1.5 hours    | \$198                    |
| Acro Skills                     | 6+ Years       | 1.5 hours    | \$198                    |
| FREEG (parkour)                 | 7+ Years / 10+ | 1 hour       | \$152                    |
| Tumbling*                       | 6+ Years       | 1 hour       | \$152                    |
| Gym motion                      | All Abilities  | 1 hour       | \$152                    |
| Adults                          | 16 +           | 1.5 hours    | \$198 / \$95 5wk program |
| Gym mobility                    | 50+            | 1 hour       | \$10 per week            |

\* Fees based on a 10 week term, Fee discounts may apply if registering late in the term. Tumble classes include beginner, intermediate and advanced.

## COMMON QUESTIONS

### CAN PARENTS WATCH CLASSES?

We love having parents watch the classes, and it gives parents and guardians a great opportunity to meet others and become more involved in the club.

### WHAT SHOULD I WEAR FOR MY CLASS?

A tight-fitting singlet or t-shirt paired with shorts or leggings is fine. We ask all athletes to wear jumpers and track pants in term 2 and 3 as the gym gets very cold.

### CAN I PAY FOR MY CLASSES CASUALLY?

We only offer casual rates for Gym mobility. A 5 week package is available only for adults classes. For more information, refer to the fee and payment information on page 11



# SPARK SQUAD

Sparks 'level 3' athletes must train a minimum of 3 hours per week - a levels class of 2 hours plus a tumble class or another levels class per week

Sparks 'Levels 4 +' athletes must train a minimum of 4 hours per week - 2 levels classes and the option to train in a tumble class.

Both Sparks squads must maintain these hours to stay in these squads. Refer to fees for special rates.

All Spark Squad athletes represent RGC as individuals at competitions two or more times a year. Athletes are free to choose which events they compete in. Events can be chosen based on location, price or experience. Athletes registered in the Sparks Squad programs must compete, if you do not wish to compete or maintain the squad hours then GymSkills is a non-competitive option for you.

**UNIFORM FEMALE:** Require club long sleeve leotard, Club zip-up jacket, black pants and white socks optional hair bow.

**UNIFORM MALE:** Require men's short sleeve leotard, Club zip-up jacket, club longs, club shorts, black pants and white socks.

| Event Name                                                | Location    | Cost                       | Date                                                           |
|-----------------------------------------------------------|-------------|----------------------------|----------------------------------------------------------------|
| RGC High Voltage Champs                                   | Karragullen | \$60                       | Late May                                                       |
| Zig Zag Invitational Foundations                          | Kalamunda   | \$70                       | 18th – 20 <sup>th</sup> June                                   |
| Zig Zag WAG & MAG Interclub                               | Kalamunda   | \$70                       | 25 <sup>th</sup> – 27 <sup>th</sup> June                       |
| RGC Spring High Voltage                                   | Karragullen | \$60                       | Late September Early October                                   |
| Star – Mites Parade Of Stars                              | Leederville | \$75-\$80                  | Late September                                                 |
| Zig Zag Interclub Championships<br>Level 1-3 MAG & WAG    | Kalamunda   | \$70 - \$120<br>with shirt | 29 <sup>th</sup> – 31 <sup>st</sup> October<br>Halloween theme |
| Zig Zag Interclub Championships<br>Level 4 plus MAG & WAG | Kalamunda   | \$70 - \$120<br>with Shirt | 5 <sup>th</sup> – 7 <sup>th</sup> November                     |

Dates subject to change, price is estimated on 2019-2020 rates and dates

# COMPETITIVE FREE G

FREE G Athletes have the opportunity to compete at competitions if desired. These events are time trial events. Athletes will run through the speed run course set by the event coordinators or compete in the freestyle event showing off tricks that they can do within a set time. To compete, Free G athletes are only required to train 1 hour a week,

**FREE G UNIFORM:** Boys tank, Black Pants, Club zip-up jacket, club training shorts. Girls Club tank, Black pants Club Zip-up jacket, club training shorts.

| Event Name                    | Location      | Date                |
|-------------------------------|---------------|---------------------|
| RGC high Voltage FREE G       | Karragullen   | Late May Early June |
| FESTIVAL OF GYMNASTICS FREE G | LOFTUS CENTRE | November            |



## COMMON QUESTIONS

**WE WANT TO DO FREE G, BUT NOT COMPETITIONS CAN WE STILL DO THIS CLASS?**  
Yes, competitions are not compulsory.

# LIGHTNING PROGRAM

Our Lightning Program is a team program rather than individual. In our Lightning program we have the Display Team and Acro Skills Classes, both are non-competitive classes but offer opportunities to have fun with a team and options to travel with a group to show off your skills and promote your club.

**DISPLAY TEAM AGES 7+** Athletes train for 1 hour per week and will represent RGC at events and promote RGC as a Team and have the opportunity to travel with the club around the local areas and at in-house events. Performances will be on the floor and tumbling equipment. Some dancing experience will be desirable. Athletes are not required to attend all events. Some travel may be required.

## DISPLAY TEAM UNIFORM:

**GIRLS:** Girls club singlet, club shorts and club zip-up jacket,

**BOYS:** Boys Club singlet, club shorts and club zip-up jacket,



**ACRO SKILLS 6+** is a team program rather than individual. Acrobatic gymnastics is a team sport. Acro Skills is a non-competitive class.

**ACRO SKILLS UNIFORM** Acrobatics is a balance class, please come in correct attire, Leotards, Shorts and singlets are appropriate for this class no loose-fitting clothing and hair tied back.

## COMMON QUESTIONS

**WE HAVE DECIDED NOT TO CONTINUE WITH ACRO HALFWAY THROUGH THE YEAR CAN WE STOP?** As this is a non-competitive program you are more than welcome to stop and try out one of our other program at RGC.

# IMPORTANT DATES

## TERM ONE

1<sup>st</sup> Feb  
7<sup>th</sup> Feb

Term One commences  
Term one fees due

TBA  
1<sup>st</sup> March  
15<sup>th</sup> - 21<sup>th</sup> March  
2<sup>nd</sup> April  
5<sup>h</sup> April

AGM  
Gym closed for Labor day  
Kinder Brink a friend week  
Gym closed for Good Friday  
Easter Monday

1<sup>st</sup> April

Last day of term one

## TERM TWO

19<sup>th</sup> April  
25<sup>th</sup> April

Term TWO commences  
Term Two fees due

25<sup>th</sup> April  
26<sup>th</sup> April

Anzac Day  
Public Holiday for Anzac Day

7<sup>th</sup> June

Gym Closed for WA Public Holiday

3<sup>rd</sup> July

Last day of term Two

## TERM THREE

19<sup>TH</sup> July  
25<sup>th</sup> July

Term Three commences  
Term Three fees due

30<sup>th</sup> – 4<sup>th</sup> Aug  
25<sup>th</sup> Sept  
9<sup>th</sup> Oct  
25<sup>th</sup> Sept

Bring a bloke week  
Pack away  
Hills festival\*  
Last day of term Three

10 - 11<sup>th</sup> Oct

Set up – volunteer Assistance

## TERM FOUR

11<sup>th</sup> Oct  
17<sup>th</sup> Oct

Term Four commences \* subject to set-up  
Term Four Fees Due

5 Dec  
11<sup>th</sup> Dec

Display Day  
Registration Day

18<sup>th</sup> Dec

Last day of term Four

\*Dates subject to change

# COMPETITIONS – UNIFORM REQUIREMENTS

We offer competitive opportunities to our athlete's in the spark squad, lightning program and the Free G program. At Roleystone gymnastics club we enter events that are fun, friendly and match the values of our club. We do not pressure our athletes to compete for results or medals. We love spending time with our athletes on competition days and making wonderful memories with them. Competitions usually run over the weekend and are 3 or 4 hours on the day of the event. Days and times are released around three weeks before the event. No refunds will be given if the event time is not convenient for you, they are only given if a doctors note is provided and is in before the cut off date.

| Level 1-2 Girls                                                                                                                     | Level 3+ Girls                                                                                                                     | Boys Levels                                                                                | Acro Skills & Gymskills                                       | Display Team                                           | FREE G                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Short sleeve club leotard with club jacket, black track pants and white socks<br>Hair tied back in a bun with white scrunchy or bow | Long sleeve club Leotard with club jacket, black track pants and white socks<br>Hair tied back in a bun with white scrunchy or bow | Boys club leotard, club longs, club shorts, club Jacket, black track pants and white socks | Club jacket, black track pants, white socks, optional leotard | Club singlet Boys and Girls, club shorts, club jacket. | Club jacket, club shirt or singlet, black shorts or club shorts, black track pants and white socks |

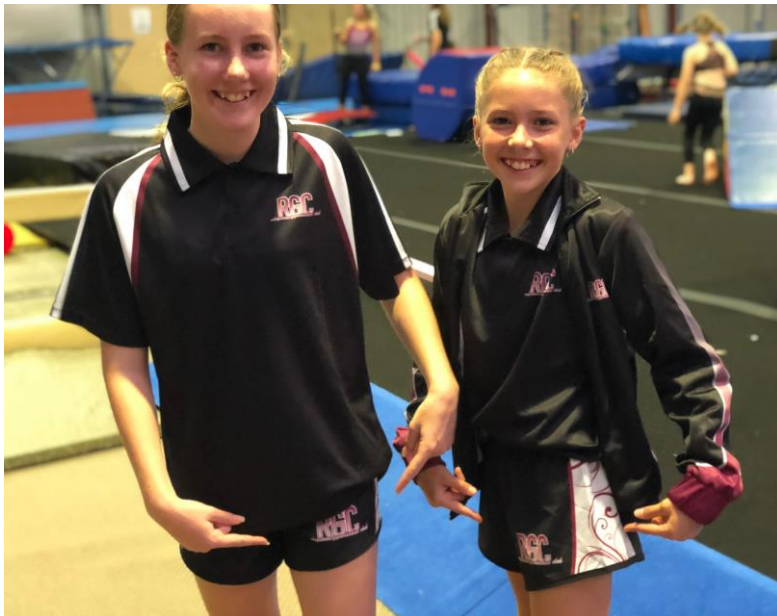
# UNIFORMS & MERCHANDISE

At Roleystone Gymnastics Club we try to keep the cost of uniforms as low as possible.

Our competitive classes require a club leotard and club jacket, but families can purchase any black pants that are within their budget. Some gym-sports require extra items like longs or shorts. Competitive requirements can be found on page 8.

We have several different training options available, anything from shorts to hoodies. All items are reasonably priced and optional. Athletes are encouraged to wear leotards to training classes, but can choose to wear singlets and shorts instead. This is fine but, all attire needs to be tight fitting with no jewelry or watches, for safety reasons.

To purchase any of our uniforms or merchandise, you will need to place an order through our online store on our website. This is the only way you can pre-order our items. Please make sure you allow 6 weeks for your items as we do not carry stock in all sizes and styles.



**IMPORTANT**

# COMPETITIONS EXPECTATIONS

**Before entering competitions, please make sure you have read and agree to all our competition expectations.**

- ❑ All competition athletes must have all term fees and registrations paid in full.
- ❑ Competing athletes must have, or be prepared to purchase the required competition uniforms, these uniforms are not optional.
- ❑ Some events require clubs to supply volunteers, just like football, tee-ball and athletics. We ask one family to volunteer for one event each year. If a volunteer can't be sourced from competing families, RGC will supply a paid RGC staff member, and will split the cost between the families who did not offer to volunteer. If all families have offered to volunteer and the club needs another it is expected that families will volunteer more than once, as necessary.
- ❑ RGC expects all athletes, parents, guardians and supporters to show positive sportsmanship at all times. Judges, coaches and officials should never be approached during a competition. This means parents are not allowed on the floor of a competition for any reason.



# FEES, PAYMENTS AND REGISTRATION COSTS

Our term fees are based on the number of hours an athlete does per week and the number of weeks in a term. All term fees need to be paid by the start of week 2 of each term, or before your second lesson if starting later in the term. Members who do not pay by this time will be reported to the committee and class restrictions will apply until fees are paid. We do not refund for absent classes. Athletes that do not start at the beginning of the term will only be charged for the remaining lessons left.

Payments can be made via bank transfer, Credit card (through your customer portal) or cash at the gym. We do not have EFTPOS facilities available. All athletes are required to pay an annual registration fee. This fee goes directly to Gymnastics Australia and covers the cost of your national membership and insurance until the 31<sup>st</sup> December of the year you join.

Discounts are based on an hourly price and available for athletes that are registered for multiple classes.

## REGISTRATION

| Classes GWA Fees                                           | Amount |
|------------------------------------------------------------|--------|
| Kindergym & Kinder Challenge, seniors                      | \$30   |
| Gym Fun ,FREE Gym Challenge, Level 1-2, Gym Skills, Adults | \$50   |
| Level 3+ , Acro skills                                     | \$75   |

\* GA Rates to be confirmed for 2020

We offer no casual rate at RGC except for our gym mobility class for our senior's.

Each term we roll over class enrolments two weeks before the end of term. Families have up until this time to advise of class/day/time changes needed. If a class you want is not available, you have an option to stay in your current class and go on a waiting list. You will be on the priority list for a space in that class and will be notified if a spot becomes available. As the new year approaches each member must re-register to secure your place for the following year.

## COMMON QUESTIONS

**WHAT IF I MISS A LESSON ?** Makeup classes are available for athletes who have medical certificate's, school functions or serious reason for missing classes. Because of our strict ratio's, we can only offer makeup lessons in classes that are not already full. You are able to choose another style of class if there is no other option available for the class that you are missing. E.g. you may choose to do a one-off FREEG class for your missed tumble class, a make-up class will need to match hour for hour. Please note that age limits, and class restrictions still apply if your child is a beginner tumbler, they can not do a make-up class in advance tumble. Make-ups can be booked online through the customer portal. Athlete absences must be recorded via the portal for your make up lesson to be activated. Make-up lessons can not be offered to those who have not paid term fees in full.

## MULTIPLE CLASS DISCOUNTS

| RGC fees based on a 10 week term                    | Amount                                                                                                          |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| 1 hour class + 1 hour class per class cost per term | Before discount \$152 per 1 hour class Total \$304<br>After discount \$120 per 1 hour class Total \$240         |
| 2 hour class + 1 hour class per term                | \$240 single class<br>2 hour class + \$152 single hour class Total \$392<br>Discounted to 3 hours you pay \$345 |
| 2 hour class + 2 hour class per term                | \$240 per 2 hour class Total \$480<br>Discounted to 4 hours you pay \$420                                       |

# WHAT'S NEXT?

## Enrolments

Once you have found the classes you want to enrol in, you will need to head to our website to sign up. Once signed up, you can come and trial your chosen class/es. We will send you a confirmation of enrolment, term invoice, and customer portal registration after we process your enrolment. Please note this may take 24 hours to get to you. We do not offer free trial classes at RGC, the cost of your first class will be included in your term fees. If for whatever reason you decide the class isn't right for you, we won't charge you for that lesson.

**\*\*if you come to 2 or more consecutive sessions you will be charged.**

Our classes do fill up fast each term, and sometimes we don't have classes to fit everyone's schedule available. If this is the case, you can join our class waiting list. We can contact you if a place becomes available in your chosen class. You can join our waiting list any time via the portal.

*We hope you found this pack a valuable source of information, and we sincerely hope you choose our club in the future. Please contact us if there are any unanswered questions.*

## CONTACT US

### WEBSITE:

[WWW.ROLEYSTONEGYMNASTICS.COM.AU](http://WWW.ROLEYSTONEGYMNASTICS.COM.AU)

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