glxy gymnastics

Parent Information Booklet

About GLXY Gymnastics

Our GLXY Gymnastic program is aligned to Gymnastics Australia's national curriculum and Gymnastics Victoria's GymStar curriculum, and we're excited to see our gymnasts reach for the stars with our coaches helping them grow by engaging in movement in a fun, safe and welcoming environment.

GLXY Gymnastics is owned by South East Leisure which is a subsidiary company of the City of Greater Dandenong. South East Leisure are responsible for operating four of the City's aquatic and leisure facilities.

Policies

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GLXY Gymnastics is proudly owned and operated by South East Leisure (SEL). Together, we are committed to providing a safe, inclusive, and supportive environment for all children and young people participating in our programs. Our policies, procedures, and practices align with the requirements and standards of Gymnastics Australia and the Victorian Child Safe Standards, ensuring a high-quality, child-safe gymnastics experience.

Every member of the GLXY Gymnastics team, including coaches, support staff, reception staff, and management, shares a strong commitment to promoting child safety and wellbeing. As part of South East Leisure, we work collaboratively with children, young people, their families, and our wider community to foster an environment where every child feels safe, respected, valued, and supported.

Our Child Safety and Wellbeing Policy recognises children and young people as valued participants whose voices matter. We encourage their involvement in decisions that affect them, listen to their views, and respect their rights, experiences, and perspectives.

All employees and volunteers receive appropriate support and guidance to understand and uphold South East Leisure's commitment to child safety and wellbeing. Everyone has a responsibility to help create a safe environment for children and young people, and we maintain appropriate recruitment, screening, training, and supervision practices to ensure interactions with children are always safe, respectful, and appropriate.

Click here to view the South East Leisure Child Safety and Wellbeing Policy and detail of South East Leisure Child Safety practices

Social Media

Our Social Media Policy has been developed to keep all our members, staff and volunteers safe online. It aims to promote and encourage appropriate use of social media and establish expectations for the conduct of all persons in relation to social media.

The social media policy details expectations for use of the GLXY Gymnastics Social Media accounts as well as expectations of staff and volunteers in relation to personal accounts.

Privacy

South East Leisure (SEL) is strongly committed to the transparent and responsible handling of personal and health information and to protecting every individual's right to privacy. We will only collect personal information that is necessary for us to provide with the Service. This policy has been developed to meet the requirements of Commonwealth and Victorian legislation protecting the privacy of individuals in regard to the management, collection, use, disclosure and disposal of personal, sensitive and health information and to allow individuals the right to access and, if required, correct information about them which is held by SEL, or any organisation contracted by SEL.

Click here to view the Privacy & Personal Information Policy

Contact Details

Address	Springers Leisure Centre - 400 Cheltenham Road, Keysborough, 3173
Phone	(03) 9701 5900
Email	info@glxy.com.au
Website	www.glxy.com.au

Social Media

Facebook	glxy.gymnastics
Instagram	glxy_gymnastics

Calendar

Our program is run in line with Victorian school terms with no classes run during the Victorian School Holidays. A copy of the calendar can be found on our website at www.glxy.com.au.

Key Dates

Term 1 Assessment Week	24th March
Term 2 Assessment Week	23rd June
Term 3 Assessment Week	8th September
Term 4 Assessment Week	1st December
Gymnastics Showcase	21st December

Our Team

The GLXY Gymnastics team is led by our experienced Gymnastics Lead who oversees our team of qualified coaches.

Program

GLXY Gymnastics runs a recreational program for children from as young as 12 months old. Our programs are delivered by qualified Gymnastics Coaches and focus on Fun, Safety, Movement and Personal Growth.

Pathway

Mercury- 12 months to 3 years

Venus- 4 years to 5 years

Earth- Prep to Grade 1

Mars- Grade 2 to Grade 3

Jupiter- Grade 4 to Grade 5

Saturn- Grade 6 to Year 7

Uranus- Year 8 +

Neptune - Adults

Assessments

Our lessons allow gymnasts of all abilities to have fun and learn new skills throughout the term with assessments conducted at the end of each school term. Our assessments use a 3 stage approach to each skill in the level. Gymnasts will be asked to demonstrate each skill in their level and will receive a mark of 'beginning', 'developing' or 'mastered' for each skill. The skills assessed at each end of term assessment are the same so gymnasts and parents can see the progress they are making throughout the year.

Each gymnast will receive a certificate with their skills listed and their progress marked so gymnasts, coaches and parents can see the gymnasts progress from one term to the next.

At the end of the year a GLXY Showcase is held where the gymnasts can invite parents, carers, family and friends to come along and watch what they have achieved in the year at gymnastics. The showcase will be open for viewing and spectators. Gymnasts will work with their coaches in the weeks prior to the showcase to develop routines and presentations to show the crowd. This will also act as the final assessment for the year with each gymnast receiving a certificate with their progressions marked. We will celebrate all of our gymnasts and their achievements at the showcase and have a special ceremony for those gymnasts who are flying on to the next planet!

Pre School Gymnastics

Our pre-school gymnastics classes (Mercury and Venus levels) are 45-minute classes, based on the Gymnastics Australia KinderGym program. We use Gymnastics Victoria resources and programs to develop the lessons. There is no formal assessment process in the Pre School levels as the focus is on developing fundamental movement skills, fun and friendships.

Mercury and Venus levels are parent participation, so each gymnast requires a parent or guardian 18 year of age or older to be involved in the class with them.

Classes are circuit based with a chance to have some exploratory play before the warmup, demonstration/instruction of the circuit, participation in the circuit and a cool down at the end. Pre-school gymnastics classes use modified equipment, hand apparatus, sensory activities and gymnastics apparatus in their lessons. The lessons

use a 3-week rotation to allow the gymnasts to experience the activities, develop confidence with the activities, and consolidate the skills from the activities before moving on to something new. The classes aim to develop coordination, balance, spatial awareness and cognitive and social skills through motor activities.

Recreational Gymnastics

Our recreational gymnastics classes are based on Gymnastics Victoria's GymStar levels program. GymStar is a recreational gymnastics stream developed by Gymnastics Victoria that provides structure and level progression to clubs. Assessments are conducted at the end of each term in a mini showcase style event where the gymnasts get to show off their skills that they have been working on to their class.

The recreational classes are closed classes with no parent viewing available, however, parents must remain in the venue for the duration of the class. The café will be open and available for use and the foyer is open for parents to enjoy a cup of coffee.

Our recreational classes will follow lesson plans created to allow progression of skills for gymnasts of all abilities and include progression skills, drills and activities to challenge the gymnasts while maintaining a fun, safe and encouraging atmosphere.

Recreational classes run within 1-hour blocks and consist of a warm up, apparatus time including conditioning and strength activities and a cool down. Each lesson contains a mixture of skills, drills, strengthening activities and conditioning to provide a fun class for gymnasts to develop coordination, strength, balance, spatial awareness and cognitive and social skills.

Gymnasts will work through different levels of progression as they zoom through the galaxy from fundamental movements close to the sun on Mercury and Venus to more advanced skills and developing skill sequences and connections on Jupiter, Saturn and Uranus. All levels use six gymnastics apparatus- floor, vault, uneven bars, parallel bars, rings, and beam.

General information

Pricing

	Pre-school Gymnastics	**Recreational Gymnastics**
Price Per Class	$18.50	$23.50
Annual Registration Fee*	$40	$60

*This includes Registration with Gymnastics Victoria and Gymnast Personal Injury Insurance

Account Management

GLXY Gymnastics uses the same program management system as other South East Leisure children's programs, Perfect Gym.

Perfect Gym allows you to manage your account online through the client portal. Enrolments, Student absence, personal and payment information can all be updated through the client portal.

For more information, speak to our customer service staff at Springers Leisure Centre.

Public Holidays

Where a class falls on a public holiday, there will be no class held and the fortnightly debit adjusted to reflect the missed class.

Absences

Medical suspension is available with a medical certificate for a period of 2 to 6 weeks. If, after 6 weeks, you are unable to return, membership cancellation is required.

Make-up lessons are not available at this stage. Details of suspensions and cancellations can be found in our Terms and Conditions (click here or scan below).

Upon Arrival

When you arrive for your class, head to reception to check-in. Staff will help make sure you are at the right class and can help you to scan in. Please remember to bring your RFID tag with you each week, replacement tags can be purchased at reception.

When arrive at the gymnastics space, shoes and socks are to be removed and stored in the pigeon holes available outside the room. Place your named drink bottle in the tub that has your class planet on it and line up along the windows on the decals.

At the end of the class, collect your drink bottle and shoes and meet your parents outside the gymnastics door.

Toilets are available on site, however, they are also available to the public. It is recommended that all gymnasts use the toilet before their class. Parents are required to remain on site for the duration of the class and encouraged to wait at the tables and chairs in the foyer, this makes it easier for the gymnasts to find their parent if they require assistance during the lesson.

What to wear/bring?

We recommend you wear comfortable clothing that is easy to move around in, but please try to avoid coming in school uniform. No buckles, belts or zips are permitted as these can damage the equipment and be uncomfortable for the gymnasts.

Gymnastics is done in bare feet so shoes and socks must be taken off and stored in the available shelves before the start of the class. Drink bottle tubs will be available to place named drink bottles in. The coaches will take the drink bottle tub around the gym with the class so gymnasts have access to their water at any time during their lesson. Please ensure there is water only in drink bottle and no food or other drinks in the gym.

Expectations

All persons involved in GLXY Gymnastics are expected to:

- Communicate in a respectful manner
- Show good sportsmanship
- Adhere to the policies and procedures of South East Leisure and GLXY Gymnastics
- Show others respect and behave appropriately

Gymnast Expectations

- Show respect to all persons involved including other gymnasts, coaches, parents and staff
- Arrive on time and ready to train- this includes being appropriately dressed for the class
- Leave electronic devices including but not limited to phones and iPads at home or with your parents for the duration of the class
- Come to gymnastics dressed appropriately- comfortable clothing with no buckles, belts or zips, remove all jewelry except simple sleepers/studs, long hair neatly tied back off the face
- Shoes and socks and any other belongings to be left in the shelving provided with the exception of a drink bottle containing only water, which can be brought into the class with you
- Display good sportsmanship and behave appropriately during the lesson
- Uphold our values of Fun, Safe, Move and Grow

Parent Expectations

- Remain in the venue for the duration of your child's class
- Trust in our coaches
- Contact reception or the Gymnastics Lead to discuss any concerns
- Communicate with all staff and gymnasts in a respectful manner
- With the exception of KinderGym classes, parents and guardians are not permitted access into the gymnastics hall

- A dedicated viewing space is not available during gymnastics classes and no photos or videos are to be taken by parents/carers or children - including gymnasts
- Photos can be requested and may be approved by the coach
- Photos or videos that include children must not be posted on social media without the consent of everyone in the photo and parent consent where any children are in the image
- We encourage photos of your child to be taken in front of the photo wall outside the room, particularly when receiving certificates

Coach Expectations

- Arrive on time and prepared for the classes
- Ensure programming upholds the values of Fun, Safe, Move and Grow
- Wear correct coaching uniform
- Always act in a respectful manner and uphold the values of the club
- Ensure all qualifications and checks are up to date including Coaching Qualification, First Aid, CPR and Working with Children Check
- Continue to engage with professional development opportunities
- Be a positive role model for all gymnasts

Terms and Conditions

Membership Terms and Conditions can be viewed by clicking here or scanning below. These are also available via our website (www.glxy.com.au).