



Forefront Gymnastics

Club Handbook 2024



No matter how far you want to take the sport,
we can take you there.

www.forefrontgym.com.au



Welcome to Forefront Gymnastics!

Forefront was inspired by a small group of male gymnasts who had committed many years to their competitive career. Coached by Darren Hicks they hit a crossroads in late 2017 when the men's program was shut down from their training facility. Darren and his wife Katherine then started the process of creating a training venue to support both men's and women's gymnastics and so Forefront was born.

In just our first year operation, Forefront were awarded Small Club of the Year by Gymnastics WA, and were also successfully nominated for Medium Club of the Year in 2019. We have grown exponentially from word of mouth alone, and are dedicated to sharing our passion for Gymnastics with as many children as possible.

We offer recreational and competitive gymnastics for all ages. We strive to offer a structured learning environment for all our athletes by our Gymnastics Australia qualified coaches. Our venue is on the cusp of Canning Vale's industrial area and has been equipped with state of the art Olympic grade equipment. This means we can cater for tiny tots in our kindy program all the way through to our national level athletes.



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What class is the “right” class?

Many of our families come to us and say that their child is interested in doing gymnastics, but they aren't sure where to start. We have several programs that we have developed to give first time gymnasts an introduction to the sport. It is important to remember that there is a lot more to gymnastics than just flips and cartwheels, and no skill is worth doing if it isn't being done safely, using the correct techniques to avoid injury.

Kindergym

Kindy Gym Specialising in gross motor development for children from 1-5 years, these classes are specifically designed to encourage balance, strength and coordination in a fun and safe environment.

Our **1-4 years** class is just for our youngest little athletes! Specialising in gross motor development for children from 1-4 years, parents and carers participate with their child through a range of activities specifically designed to encourage balance, strength and coordination in a fun and safe environment. With different themes each week, ranging from Superhero's to The Jungle, we encourage crawling, climbing, jumping and bouncing as well as working on fine motor skills. Even at a young age, our athletes soon recognise and adapt to the routine of our classes, while developing social skills with their gymnastics friends.

For our **3-5 year** old athletes, it is time for a little independence! Parents and guardians can watch from the sidelines as the activities become a little more challenging and we learn to self manage ourselves in a group! Taking turns plays just as much of a role as swinging, jumping and maneuvering as we participate with our friends in a structured environment. With focused activities aimed on building on their gross motor skills and coordination, as well as their core strength and balance, we use the gym equipment to teach correct dominant movement patterns and gymnastics skills as children are encouraged to interact socially with their classmates to help build their social skills. This is a fun, energetic class with some of our most enthusiastic participants!

Recreational

Gym Fun

This class is for our 5-6 year old boys and girls who want to start recreational gymnastics. They will get an opportunity to use all of the different apparatus on the gym floor, with attention paid to dominant movement patterns and the correct way to jump and land, to swing and rotate, and to complete statics (like handstands) using the correct technique. Strength, coordination and control are all key foundations that are explored in structured classes designed to teach our athletes all of the basic gymnastic skills that they need to learn to progress further in the sport.

Our athletes participate in a fun, structured class consisting of 4 levels within the Gym Fun program, meaning that as they master a skill, they are able to progress at an individual level within their class.

As this class is co-ed, boys and girls will use all apparatus; Floor, Pommel, Rings, Bars, Vault, Beam and Trampoline. At the completion of our Gym Fun program, athletes will head into either our Junior Development program or our Gym Skills program, based on their Coach recommendation.





Gym Skills 7+years (co-ed)

In Gym Skills we focus on fundamental movement patterns which teaches athletes the correct techniques associated with balance, co-ordination and agility by using all of our gym equipment, as well as floor work. This is achieved by rotating across each apparatus: Floor, Pommel, Rings, Bars, Vault, Beam and Trampoline. Gym Skills has four levels within the program so athletes can progress at any point within their class, once a particular skill level has been achieved.

At the completion of our Gym Skills program, athletes have the opportunity to enter into our Development sessions.

Gym Warriors 7+ years (co-ed)

In Gym Warriors we develop fundamental movement skills and physical literacy. The focus in Gym Warriors is less on traditional gymnastics skills and more parkour, freestyle and obstacle-based activities.

Gym Warriors classes utilise a variety of traditional and non-traditional apparatus and equipment to develop skills and complete obstacle course challenges.



Homeschool 5+years (co-ed)

In these sessions we will be focusing on developing fundamental movement skills and physical literacy. The focus is less on traditional gymnastics skills and more parkour, freestyle and obstacle-based activities. Utilizing a variety of traditional and non-traditional apparatus and equipment to develop skills and complete obstacle course challenges.

WAG Forefront & MAG Development

Our development sessions are designed to refine the skills that our athletes have learnt in our Gym Fun and Gym Skills sessions. No longer co-ed classes, our WAG Forefront Development athletes continue their training with Vault, Bars, Beam and Floor, while our MAG Development focus on Pommel, Rings, Vault, Bars and Floor. These athletes are ready for a more tailored skill development, as more attention is given to the intricacies of each apparatus to get athletes ready for entry into our competitive stream. These classes are by invitation only, and are not suitable for beginner gymnasts.

Teens

Girls just wanna have fun!!! Our Teens Squad is for experienced gymnasts who love the sport and want to keep learning, but without the pressure of competitions or multiple training sessions each week. This two hour class gives athletes the opportunity to continue to build on their strength and skills in vault, bars, beam and floor, in a fun and relaxed environment, with the option to participate in club based events should they wish to. This is a popular session, and the class is suitable for girls aged from 10 years old with relevant previous gymnastic experience.





Competitive (Levels 1+)

WAG & MAG Squads - These are competitive teams at different levels within our Club, which compete at different events from inter-club to State and National titles. Please speak to your coach should you wish for your child to be considered for this class and an assessment can be scheduled.

Fees

Gymnastics WA Annual Membership (Payable by all Athletes)

Your registration fee includes an Annual Membership to Gymnastics Australia which provides sport injury insurance for our athletes and gives you access to many different resources and member discounts via their website www.gymnastics.org.au. This is a one-off compulsory payment each calendar year, which is on a sliding scale when you join, with different levels depending on your child's class.

	Commencement Date			
	Term 1	Term 2	Term 3	Term 4
Kindergym	\$50	\$50	\$30	\$20
Recreational	\$70	\$70	\$50	\$30
Levels 1 & 2	\$70	\$70	\$50	\$30
Level 3+	\$130	\$130	\$80	\$50



Recreational Fees

Recreational fees are set for each class individually and are payable by term. Please see our website www.forefrontgym.com.au/classes for pricing and schedules. We do offer an obligation free first session, where you only pay if you decide to join, however you will still be required to complete the online enrolment prior to attending. If you join mid-way through term the pricing is adjusted so that you only pay for the remaining sessions.

Makeup Classes and Refunds

Due to our class capacity limits, we do not offer makeup sessions or credits if your child is unwell or has to miss sessions due to being away on holidays. Please refer to our refund policy. If your child is injured and has a medical certificate, please forward through to enquiries@forefrontgymnastics.com.au

Enrolments

In week 8 of the term, our current athletes will be sent a "Priority" enrolment email with term fees and will be automatically re-enrolled in the same class for the next term. If you receive a recommendation email after this, your enrolment and payments (if required) will be transferred accordingly. You can secure your spot by making payment by the due date, if payments haven't been made by the due date, your enrolment will be "dropped" and the space offered to our waitlist students and the general public.



Term Outline

This outline gives you a guide to what happens during the term.

Week
1-7

Term commences

Week
8

Priority Enrolments sent

- ↳ Current enrolled "Active" students receive next term fees
- ↳ Pay by the **Due Date** (end of the current term) this secures your enrolment for the next term
- ↳ WAG Forefront 1, 2, 3 assessments begin

Week
9

Assessments

- ↳ Assessments to be completed across sessions
 - Gym Fun, Gym Skills, Gym Warriors, Free G
 - MAG Development

Week
10

End of Term

- 1) Recommendation emails sent to families for students passing current level
 - a) If you **do not** receive a recommendation email, your current enrolment is "Active" for the next term
- 2) Payment is due
 - a) Payments **not** received by due date, enrolment will be "dropped" from account

School
Holidays

Actions Completed

- 1) Process **Drops** for non-payment of accounts
 - a) automatic email sent to family and new term fees removed
- 2) Process **Recommendation** emails
 - a) move students to new levels as per recommendation family
 - b) update account with new session and term fees, confirmation sent to family
- 3) Enrol **Waitlist** students
- 4) Process new enrolment requests

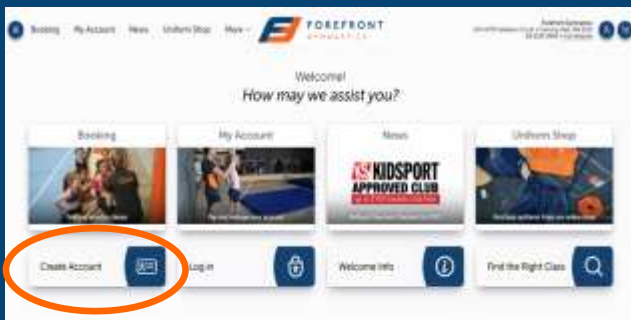
If you no longer wish to be on a Waitlist, please let us know asap

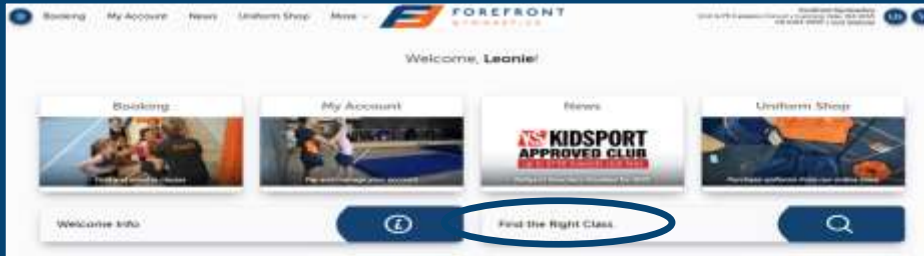
iClass Pro - Online Parent Portal

To enrol in any of our classes, you need to first register an account with us in iClass Pro. Once done this is where you can see current enrolments, pay your account, notify us of absences and book into additional classes such as our holiday programs.

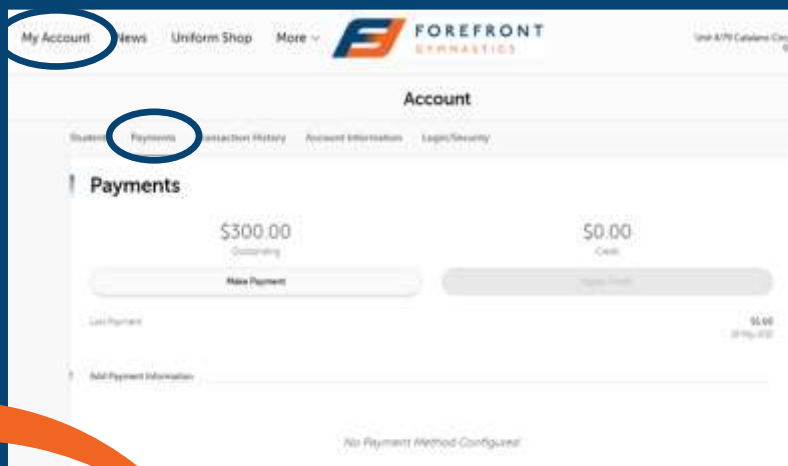
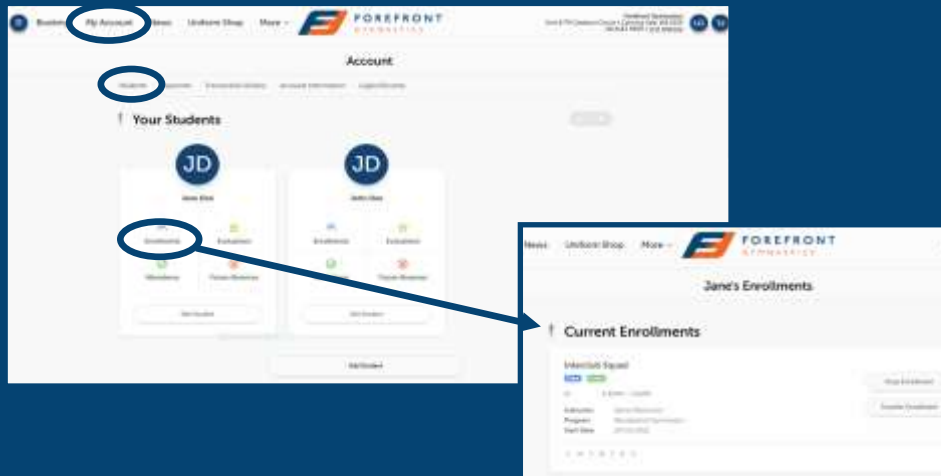
The direct link is <https://app.iclasspro.com/portal/forefrontgym> or download "The iClassPro App" and use organisational code: forefrontgym.

The email address that you use to register your account is where we will send **all** information regarding your enrolment—accounts, notice of class changes, term renewals etc. Please ensure that you "Subscribe to Email Blast" when creating your account.





Once you have found the class that suits your schedule and have completed an enrolment request, it will come through to us for approval.





Forefront Class Terms 2024

Term 1 - Monday 29th January - Saturday 30th March

Term 2 - Monday 15th April - Saturday 29th June

Term 3 - Monday 15th July - Saturday 21st September

Term 4 - Monday 4th October - Saturday 14th December

The gym will close on Friday 20th December for the Christmas period and reopen on 6th January 2024. Please note we are not open on Public Holidays, and as there is not an option for make up classes we have adjusted your accounts to not charge for classes that fall on these days.

Assessments

Assessments of our Gym Fun & Gym Skills program commences in Week 9 of term and continues through to Week 10. At the completion of term you will receive an email with the outline of skills reached and recommendation of class for the following term.

Once you receive your recommendation email, please ensure you respond quickly with your preference.

Parking

We have a limited number of parking spaces available, and ask that you respect our neighbouring business and not use their spaces during their business hours. We encourage prompt drop off and pick ups to ease any congestion in the carpark.



What to wear and what to bring

Our athletes are asked to wear either shorts or leggings with a close fitting t-shirt or singlet, as anything too baggy runs the risk of getting caught in the equipment. Leotards are also a popular choice. Please ensure that any loose jewellery (especially bracelets and necklaces) or watches (including smart watches and fitbits) are removed prior to attending classes as we cannot take responsibility for lost or stolen items. Long hair should be tied back. Shoes are not worn on the gymnastics floor and are to be left in the cubby in the waiting area.

Club uniforms are available to purchase from reception, however these are not compulsory. Club t-shirts are our most popular item at \$35.00.

A full drink bottle of water is essential for all of our athletes, who will be encouraged to stop for a drink throughout their class. Please ensure your child takes their belongings home at the end of each session!

Can we watch the class?

Our experience has taught us that most children learn and respond better to our coaches when parents leave them to it.

Therefore it is our preference that you drop off your child, and if you would like to stay, that you wait in the waiting room for classes to finish.

We would like to remind parents that due to the layout of the gymnastics floor, taking photos and/or videos at any time is **strictly prohibited**.





Medical Issues

Please ensure that you disclose all Medical Issues at time of enrolment, and that you email us about any specific concerns that you have prior to the commencement of class.

If your child carries an inhaler or epi-pen, please ensure these are clearly labelled with their name and that they are given to their coach at the beginning of class and collected at the completion. It is imperative that all medication is clearly labelled, and collected at the end of class. We cannot take responsibility for any items that are not labelled or left behind.

Food

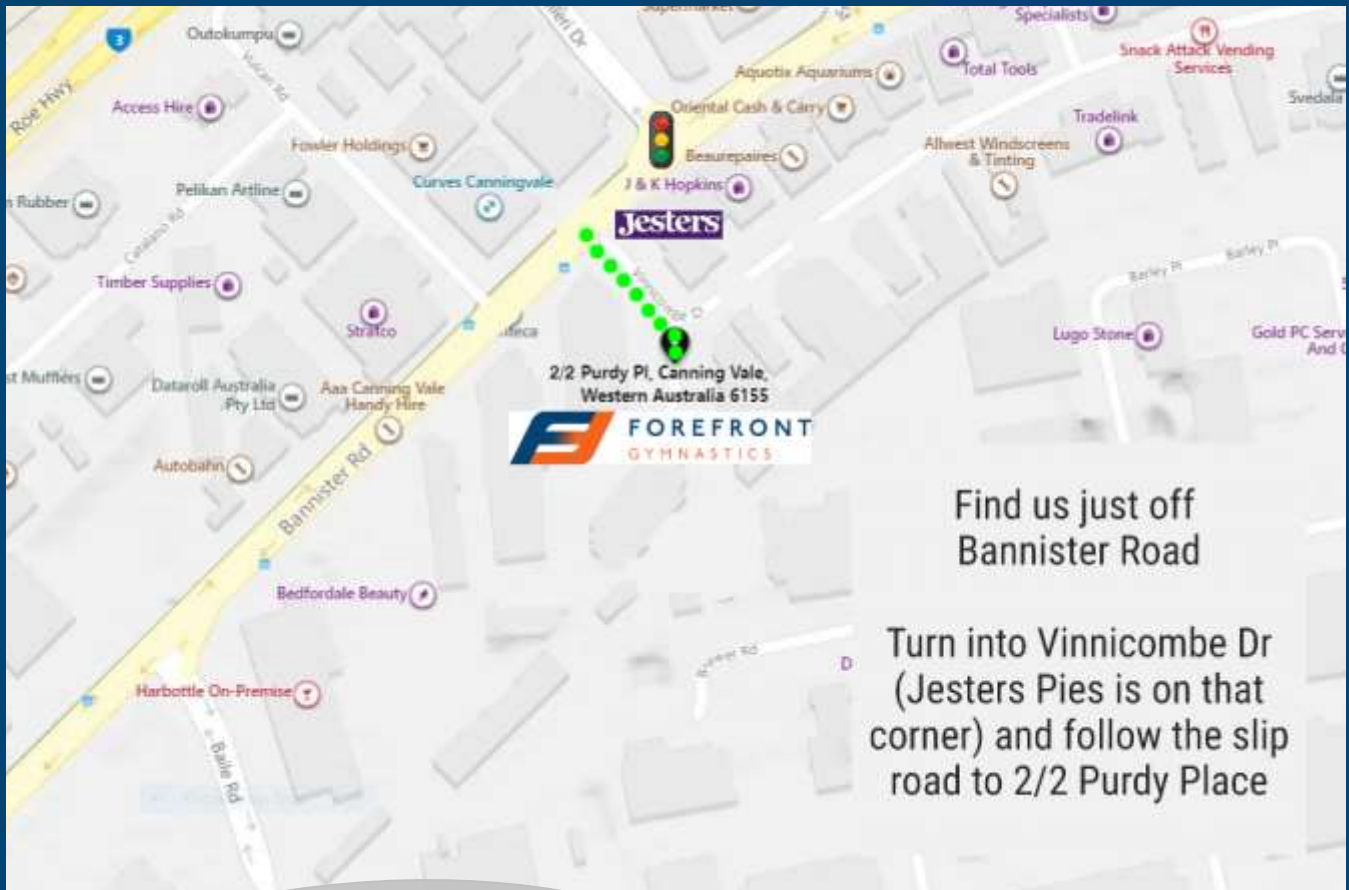
We understand that as many of our classes are after school it may be necessary for your child to have a snack while in the waiting room. We ask that **no nut products** are consumed, and that you ensure you leave the area clean afterwards as we have athletes with varied allergies.

Code of Conduct

As affiliates of Gymnastics Australia, we are proud to follow and endorse their member codes. We ask that all Athletes, Parents and Spectators also adhere to these codes at all times.

Please note that we have a ZERO TOLERANCE policy when involving acts of aggression or intimidation from parents to members of our staff. You will be asked to leave the premises immediately and your child/ren will be removed from any future classes.

How to find us



We look forward to seeing you at 2/2 Purdy Place, Canning Vale

Building strong bodies and minds



FOREFRONT GYMNASTICS

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