



Forefront Gymnastics Club Handbook 2026



NO MATTER HOW FAR YOU WANT TO TAKE THE SPORT,
WE CAN TAKE YOU THERE.

Welcome to Forefront Gymnastics!

Forefront Gymnastics (FFG) 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 at their club. Darren started the process of building a training facility to support both men's and women's gymnastics and so, Forefront was born.

Since the start of FFG, we've celebrated many milestones and awards, not to mention many of our competitive gymnasts also accomplishing individual and squad awards. We have had the opportunity to compete in National competitions held on the Gold Coast in both women's and men's and come away with awesome results.

Many families come to us saying their child is interested in gymnastics but aren't quite sure where to begin. That's why we've developed several introductory programs designed specifically for first-time gymnasts.

Our programs provide a fun, structured introduction to the sport, focusing on building strength, coordination, and confidence. While gymnastics is often associated with flips and cartwheels, there's so much more to it - foundational skills, body awareness, and discipline - all which play a vital role in development.

Most importantly, we emphasise safety and every skill is taught using proper technique and progression to help prevent injury and ensure a positive experience from day one.

At FFG, our mission is to help every gymnast reach their full potential, whether they're learning the basics or chasing competitive goals. We offer recreational and competitive gymnastics programs for all ages, taught by Gymnastics Australia-accredited coaches in a structured and supportive learning environment. Located on the edge of Canning Vale's industrial area, our purpose-built venue is fitted with Olympic-grade, state-of-the-art equipment, allowing us to cater to everyone from tiny tots in our Kindy Gym program to National-Level athletes.

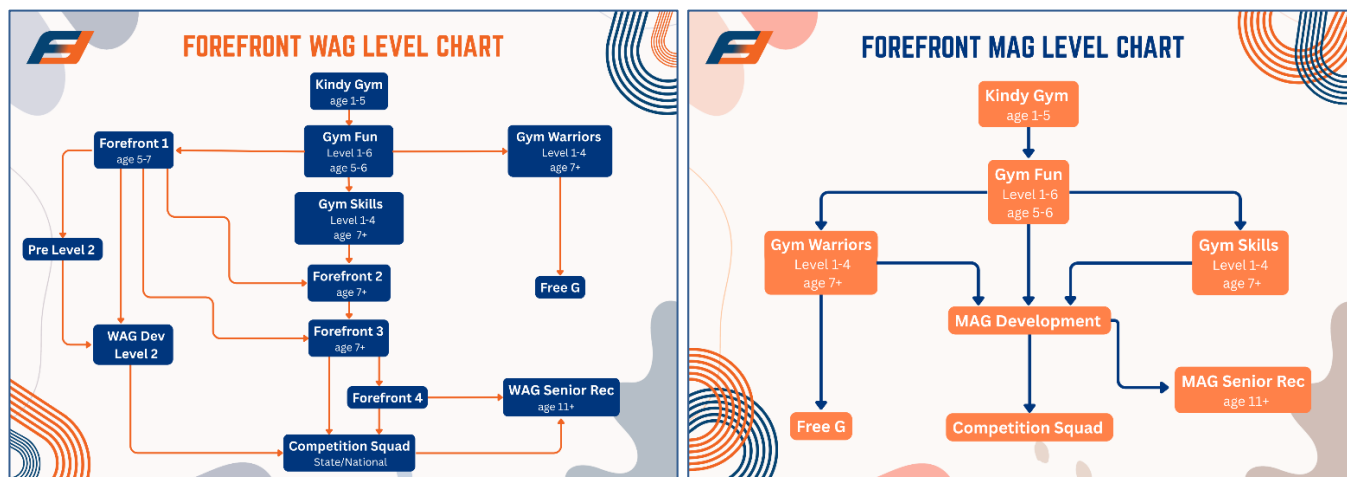
We're here to help your child start their gymnastics journey the right way!



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WHICH CLASS IS THE 'RIGHT' CLASS?



RECREATIONAL: KINDYGYM: 1-5 YEARS (CO-ED)

Our KindyGym program specialises in gross motor development for children aged 1–5 years. These fun, themed classes are designed to build balance, strength, coordination, and social skills in a safe and supportive environment. We have two different age-related sessions available.

Our **1-4 years** class is for our youngest gymnasts! Parents and carers join their little ones as they crawl, climb, jump, and bounce through a range of activities designed to improve motor skills. With new weekly themes such as *Superheroes* or *The Jungle*, children are encouraged to explore movement while developing fine motor skills, routine, and early social skills..

For **3–5-year-olds**, it is time for a little independence! In these sessions, parents watch from the sidelines while gymnasts build independence and learn to self-manage within a group. Activities focus on taking turns, swinging, jumping, and balancing while developing strength, coordination, and correct movement patterns. This is a fun, energetic class with some of our most enthusiastic participants!

RECREATIONAL: GYM FUNDamentals (5-6 YEARS) (CO-ED)

This class is designed for boys and girls **aged 5–6** and is the perfect starting point for those ready to begin their gymnastics journey. Gymnasts are introduced to floor, bars, beam, and vault, while also learning safe jumping and landing, rotations, swings, and static positions such as handstands, all within a supportive and structured environment. With a focus on building strength, coordination, and control, these sessions provide the key foundation skills needed to confidently progress to higher levels of the sport.

There are four progressive levels in the Gym FUNDamentals program. Gymnasts are assessed in Weeks 8–9 each term and can progress at their own pace. On completion, gymnasts may be invited into either the **Gym Skills** program or **Junior Development**, based on their coach's recommendation.

RECREATIONAL: GYM SKILLS (7+YEARS) (CO-ED)

Gym Skills develops fundamental movement patterns of gymnastics, focusing on correct techniques, balance, coordination, and agility. Gymnasts rotate through floor, bars, beam, and vault in a circuit-style program.

This program also has four progressive levels, allowing gymnasts to advance within their class as they achieve the required skills. Upon completion, gymnasts may be invited into the **Junior Development** program.

RECREATIONAL: GYM WARRIORS 7+ YEARS (CO-ED)

Gym Warriors offers a different take on gymnastics, focusing less on traditional apparatus and more on parkour, freestyle, and obstacle-based activities. Using both traditional and non-traditional equipment, gymnasts build agility, strength, and confidence while tackling obstacle challenges and freestyle movement.

RECREATIONAL: HOMESCHOOL 5+YEARS (CO-ED)

Our Homeschool sessions are designed for students learning outside of a traditional school setting. These classes focus on fundamental movement and physical literacy through parkour, freestyle, and obstacle-based activities, while also providing social interaction with peers.

RECREATIONAL: WAG SENIOR RECREATIONAL

WAG Senior Recreational classes are for experienced gymnasts aged 10+ who want to continue enjoying the sport without the pressure of competitions or intensive training schedules. Gymnasts can build strength and skills across floor, bars, beam and vault in a relaxed, social environment.

DEVELOPMENT: WAG FOREFRONT & MAG DEVELOPMENT (INVITATION ONLY)

Our development classes are designed to refine the skills gained in Gym FUNdamentals and/or Gym Skills, preparing gymnasts for our competitive stream. No longer co-ed classes, our WAG Forefront Development gymnasts continue training on floor, bars, beam, and vault, whilst our MAG Development gymnasts train across pommel, rings, vault, parallel bars, high bar and floor. Gymnasts in these programs receive more tailored coaching with attention to detail on each apparatus. These classes are by invitation only and are not suitable for beginners.

COMPETITION SQUADS: WAG AND MAG (LEVELS 1+)

Our Competition Squads represent the club at inter-club, State, and National competitions. These programs involve a higher level of training commitment and are by invitation only. If you would like your child to be considered for a competitive squad, please speak with their coach to arrange an assessment. These programs are not suitable for beginners.

Please refer to our Competition Handbook for further information.



FEES

GYMNASTICS WA ANNUAL MEMBERSHIP

Your registration fee includes an annual membership to Gymnastics Australia which provides sports injury insurance and access to a variety of resources and member discounts via their website www.gymnastics.org.au. This is a compulsory one-off payment made once per calendar year. The fee is charged on a sliding scale, depending on the time of year you join, and varies according to your child's class level.

If you transfer from another GA-affiliated club during the year, your membership will transfer with you to FFG. A \$15 GA Membership Transfer Fee will be added to your initial invoice to cover the transfer process.

	Commencement Date 2026			
	TERM 1	TERM 2	TERM 3	TERM 4
KindyGym	\$60	\$60	\$40	\$20
Recreational	\$85	\$85	\$65	\$35
Squad Levels 1 & 2	\$85	\$85	\$85	\$35
Squad Level 3+	\$150	\$150	\$120	\$90

RECREATIONAL FEES

Recreational program fees are set per class and are payable by term. Current pricing and schedules can be found on our website www.forefrontgym.com.au/classes.

We offer an obligation-free trial session so your child can experience the class before committing. Payment is only required if you decide to continue. Please note that you must first register for an online account before attending a trial. Once registered, email enquiries@forefrontgym.com.au to request your preferred session.

If you join part-way through a term, fees will be pro-rated so you only pay for the remaining sessions. If a class falls on a public holiday, fees are automatically adjusted at enrolment so you are not charged.

MAKEUP CLASSES AND REFUNDS

Make-up sessions may be available in limited circumstances. They are **not offered** for 1 or 2 missed sessions during the term for any reason.

A make-up class will only be granted under the following conditions:

- The gymnast has missed 3 consecutive sessions due to illness or injury
- A medical certificate is emailed to enquiries@forefrontgym.com.au
- All fees are paid in full

Please note:

- Credits/refunds **will not** be issued if a make-up class cannot be scheduled
- Make-up tokens are valid only for classes of the same level

Please refer to our Fee, Payment, and Refund Policy for full details.

ADDITIONAL FEES AND DISCOUNTS

Description	Amount
ADMIN: Drop Re-instatement; GA Membership transfers	\$15.00
MEDICAL: Multiple absence <i>* conditions apply</i>	50% Credit/Refund
DISCOUNT: Multi-sibling enrolment <i>* recreational/development enrolments only</i>	5% Discount

ADMIN

- If your enrolment is dropped by FFG due to non-payment of term fees and you later request to re-enrol, a \$15 reinstatement fee will be applied to your account
- If you transfer from another GA-affiliated club to FFG during the year, a \$15 GA Membership Transfer Fee will be applied to your account to cover the administrative transfer

MEDICAL

- If your child has a medical certificate covering **3+ consecutive absences**, please email it to enquiries@forefrontgym.com.au. If eligible, a 50% credit will be applied for the missed sessions
- Credits/ make-up sessions will **not** be applied for 1-2 missed sessions throughout the term due to holidays or sickness

DISCOUNT

- Families with more than one child enrolled in a recreational or development program will receive a 5% discount on term fees, calculated automatically at the time of enrolment
- Sibling discount does not apply to the annual GA Membership fee

CANCELLATION / TERMINATION OF ENROLMENT

Description	Amount
CANCEL: Family cancels an enrolment during term	50% Credit/Refund
CANCEL: Family cancels an enrolment prior start of term but paid priority invoice	\$25.00 - \$50.00
TERMINATION: when Forefront terminates enrolment	75% Credit/Refund

CANCEL (BEFORE TERM STARTS)

- If you have paid your priority invoice and cancel an enrolment due to a change in circumstances, you must notify us in writing at least **4 business days** prior to the start of the new term
 - Recreational and development classes: \$50 cancellation processing fee
 - KindyGym classes: \$25 cancellation processing fee

CANCEL (DURING TERM)

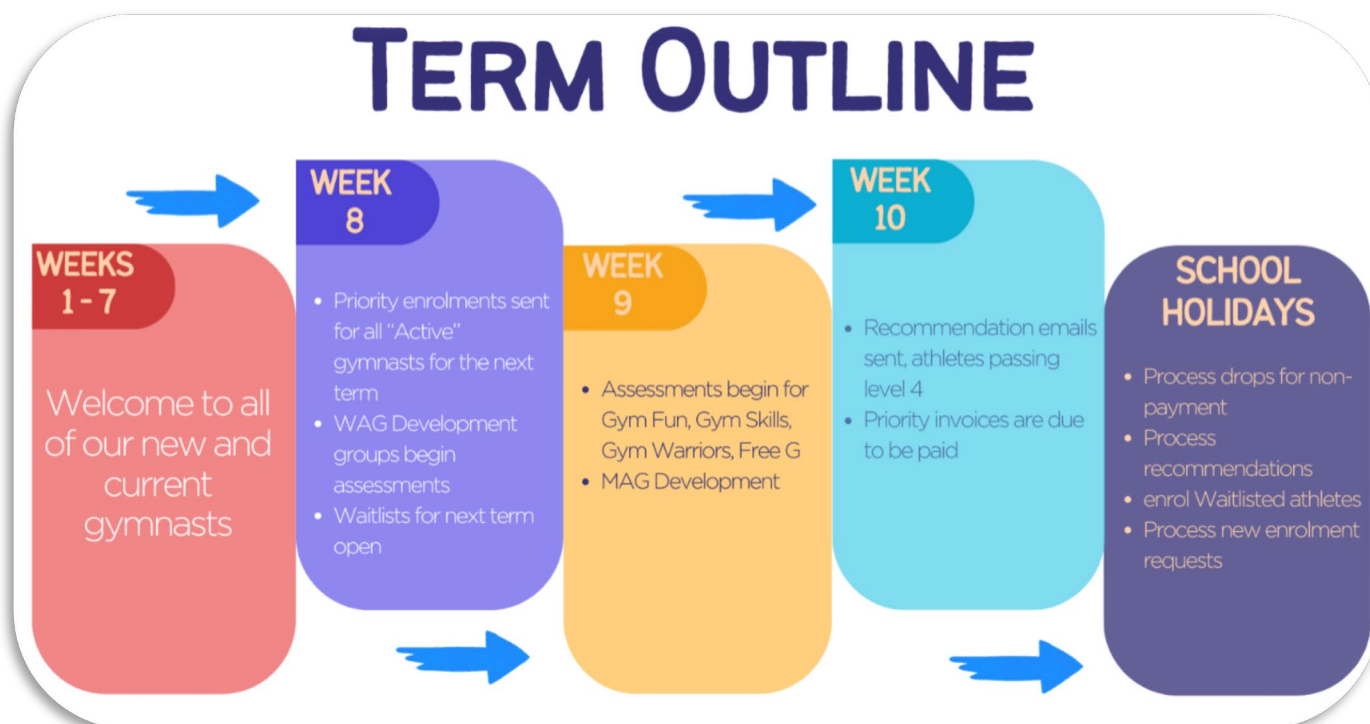
- If you have enrolled and paid for the full term and cancel after the term has commenced, 50% of the remaining term fees will be refunded
 - If fees are outstanding, the adjusted amount must be paid within 7 days of receipt
 - The annual GA Membership fee is non-refundable, but is transferable to another GA-affiliated club

TERMINATION BY FOREFRONT

- If FFG terminates your enrolment, you will receive a 75% refund of paid term fees
- If fees are outstanding, the adjusted amount must be paid within 7 days of receipt
- The annual GA Membership fee is non-refundable, but is transferable to another GA-affiliated club if required.

TERM OUTLINE

Please refer to the chart below, which outlines what happens during a school term and over the school holiday period. It is important that you review and understand this process.



ICLASS PRO: ONLINE PARENT PORTAL

To enrol in any of our classes, you must first register an account through iClassPro. Once registered, you can view current enrolments, pay your account, notify us of future absences and book additional classes including school holiday program sessions.

The direct link is <https://app.iclasspro.com/portal/forefrontgym>

Alternatively, you can download the iClassPro app and use organisation code: **forefrontgym**

The email address used to register your account is where we will send **all** information regarding your enrolment including priority enrolments, notice of class changes or cancellations, and priority term invoices. Please ensure you **'Subscribe to Email Blast'** when creating your account. Failure to do so will result in missed communications and if this is the priority invoice, your child's enrolment being dropped.

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

DOWNLOAD & INSTALL

iOS App Store



Google Play Store

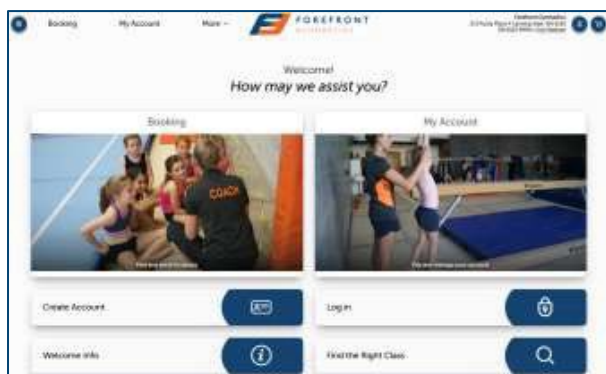


LOGGING IN

1. When prompted for the name (code) of the organization, enter **forefrontgym**
2. Click **GO!**
3. On the Login screen, click **LOG IN** if you have a current account. Otherwise, click **CREATE AN ACCOUNT** and follow the prompts.
4. If you have an existing account, use your email address and password to log in.
NOTE: If you have forgotten your password, click **FORGOT PASSWORD** to have a password reset link emailed to you.

Once you have successfully logged in, you will be taken to the **Account Dashboard**. From here, you can:

- + View Location Details
- + Create student enrollments/bookings
- + Access your Account details/manage enrollments
- + View notifications of recent activity and/or upcoming events



Key Features:

Booking

- After selecting your child, you will see all available sessions.
- Click on the class you would like to join to view the Class Details sheet with more information.
- Select the session, submit your request, and follow the prompts to complete the booking.

My Account

- Students – View enrolments, evaluations, create absences, and edit student details.
- Payments – View outstanding amounts or credits and store payment methods.
- Transaction History – Check previous charges, payments, and refunds.
- Account Information – Update parent/guardian details, address, contact number, and email.
- Login/Security – Change your password.

Uniform Shop

- Select the item you wish to purchase. If stock is unavailable, please email enquiries@forefrontgym.com.au.

More

- Gift Certificates – Can be purchased for family or friends to use for fees or uniforms.
- Policies – Access the policies you have accepted or need to accept. Policies can also be printed for reference.



2026/27 TERM INFORMATION

FFG Class Terms 2026

Term 1 - Monday 2nd February – Thursday 2nd April

Term 2 - Monday 20th April - Saturday 4th July

Term 3 - Monday 20th July - Saturday 26th September

Term 4 - Monday 12th October - Saturday 19th December

The gym will close after sessions on Saturday 19th December for the Christmas and New Year period and will reopen on TBA. Please note, the gym is closed on public holidays. Accounts are adjusted so you are not charged for any classes that fall on these days.

FFG Class Terms 2027

Term 1 - Monday 1st February - Saturday 10th April

Term 2 - Monday 26th April - Saturday 3rd July

Term 3 - Monday 19th July - Saturday 25th September

Term 4 - Monday 11th October - Saturday 18th December

ASSESSMENTS

WAG Forefront assessments begin in week 7 of term. The pass score is 4/5 on all skills at the level they are assessed.



Gym Fun, Gym Skills, Gym Warriors, Free G, and MAG Development assessments begin in week 8 of term. The pass score is 3/5 on all skills at the level they are assessed.

If your child passes a level, they will progress to the next. Upon completion of the final level, you will receive a **recommendation email** outlining the new program we suggest for your child. Please respond promptly to the recommendation email with your preference regarding training day.

COMMUNICATION

It isn't always possible to speak with coaching staff before or after classes about general matters. We encourage you to email us at enquiries@forefrontgym.com.au with your query, and we will pass it on to your coach for follow-up.

WHAT TO WEAR AND WHAT TO BRING

To ensure safety and comfort during training, we ask that all gymnasts follow the guidelines below:

Clothing:

- Gymnasts should wear shorts or leggings with a close-fitting t-shirt or singlet
- Leotards are also a popular and suitable option
- Please avoid baggy clothing as it can become caught in equipment

Jewellery & Accessories:

- All loose jewellery, including bracelets and necklaces, must be removed before class
- Watches, smartwatches, and fitness trackers must also be removed

Hair & Footwear:

- Long hair must be tied back
- Shoes and socks are not worn on the gymnastics floor

Water Bottles & Personal Belongings:

- A full water bottle that cannot spill is essential; gymnasts are encouraged to take drink breaks throughout their class

FFG uniform is available for purchase via the iClassPro uniform shop, or reception. It is not compulsory for recreational or development classes.

CAN WE WATCH THE CLASS?

Based on our experience, most children engage and learn more effectively with our coaches when parents are not present during class. For this reason, we kindly ask that you drop off your child for their session whenever possible.

If you would like to stay and watch, you're welcome to use our designated viewing areas:

- Downstairs viewing area
- Or upstairs in the mezzanine area

Please note: Due to the layout of the gymnastics floor and to ensure the safety and privacy of all athletes, **photography and videography are strictly always prohibited.**

MEDICAL ISSUES

Please ensure that you disclose all Medical Issues at the 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

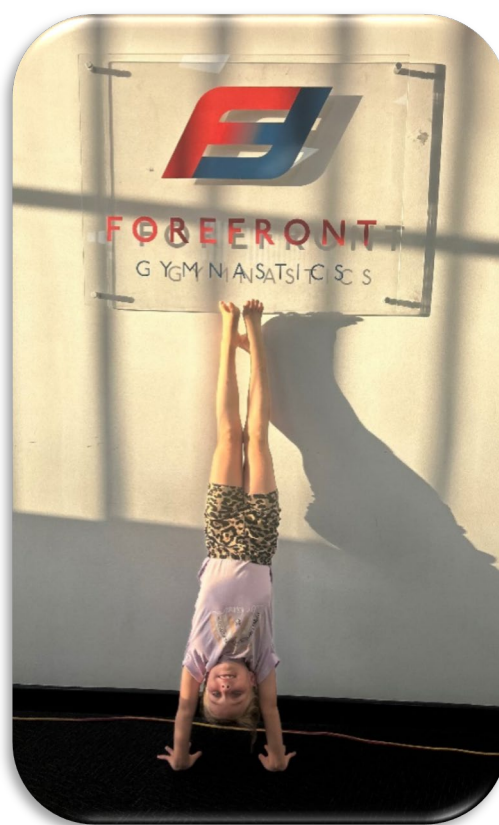
We understand that as many of our classes are after school it may be necessary for your child to have a snack while in the waiting room.

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

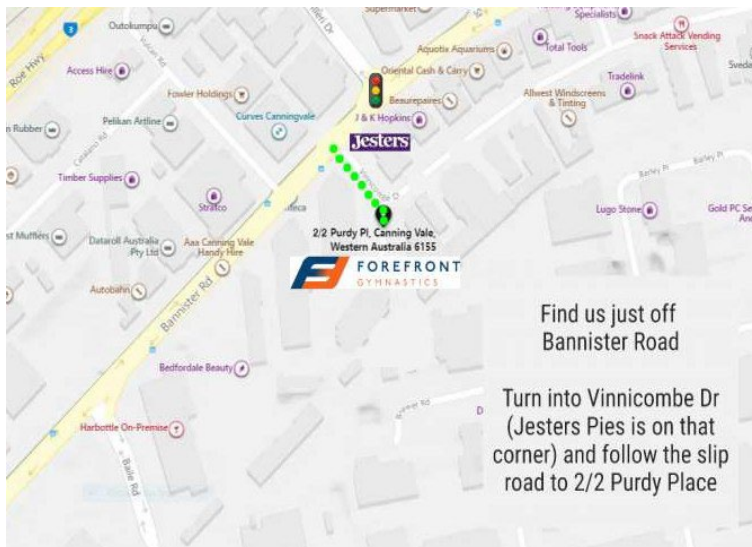
As affiliates of Gymnastics Australia, we are proud to follow and endorse their member codes. We ask that all Athletes, Parents and Spectators also always adhere to these codes.

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. Member codes can be found on the GA website.



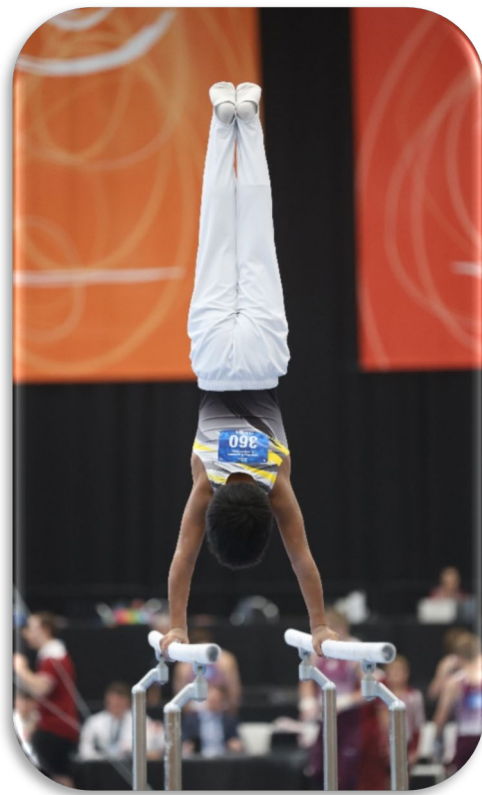
HOW TO FIND US

We LOOK FORWARD TO seeing YOU at 2/2 PURDY PLACE, CANNING VALE, 6155



PARKING

We have a limited number of parking spaces available. Please respect our neighbouring businesses and do not use their signposted spaces during business hours. To help ease congestion, we encourage prompt drop-off and pick-up of your child(ren).



BUILDING STRONG BODIES AND MINDS