



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 founded following a pivotal moment for a dedicated group of male gymnasts who had committed many years to their competitive journey. In late 2017, when their men's program was unexpectedly shut down at their club, their coach, Darren Hicks, set out to create a new opportunity. With a vision to support both men's and women's gymnastics, he began developing a purpose-built training facility and Forefront Gymnastics was born.

Since then, FFG has grown into a thriving club, celebrating numerous milestones and achievements. Our athletes have earned both individual and team awards, and we have proudly represented our club at National competitions on the Gold Coast across both men's and women's programs, achieving outstanding results.

Many families come to us saying their child is interested in gymnastics but aren't 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, it offers so much more. At FFG, we emphasise the development of strong foundations, body awareness, and discipline — all essential for long-term progression in sport and life.

Most importantly, safety is at the core of everything, and every skill is taught with correct technique and progression to minimise injury risk and ensure a positive experience for every gymnast.

Our mission is to support each gymnast in reaching their full potential, whether they are learning the basics or pursuing competitive pathways. We offer both recreational and competitive programs for all ages, delivered by Gymnastics Australia-accredited coaches in a supportive and structured environment.

Located on the edge of Canning Vale's industrial area, our purpose-built facility is equipped with Olympic-grade, state-of-the-art equipment. From our Kindy Gym program for young children to National-level athletes, we provide a space where every gymnast can grow and succeed.

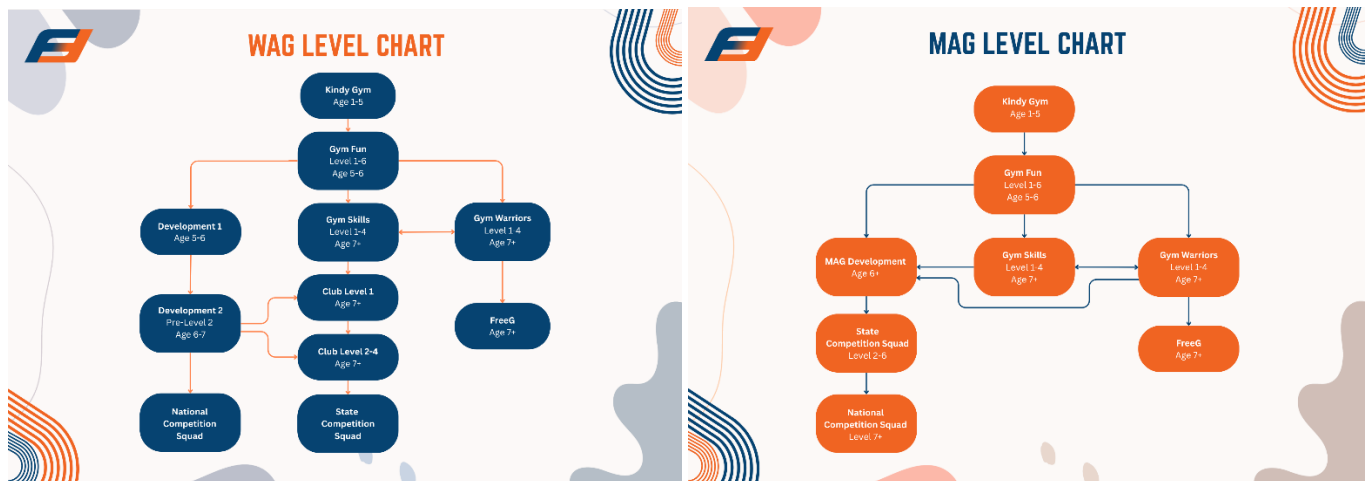
At FFG, we're here to help your child begin their gymnastics journey the right way!



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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 classes available (1-4yrs and 3.5-5yrs).

Our **1-4 years** class is for our youngest gymnasts! Parents/guardians 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’ and ‘The Jungle’, children are encouraged to explore movement while developing fine motor skills, routine, and early social skills.

In our **3.5-5 years** class, it is time for a little independence! In these classes, parents watch from the sidelines as their mini gymnasts build independence and learn to self-manage within a group. Activities focus on swinging, jumping, and balancing while developing not only social skills but strength, coordination, and strong 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 designed for 5-6-year-olds is the perfect starting point for those ready to begin their gymnastics journey or those progressing from our KindyGym classes. Gymnasts are introduced to floor, bars, beam, and vault, while learning safe jumping, landing, rotation, swings, and static positions such as handstands. In a supportive and structured environment, we focus on building strength, coordination, and control in gymnasts with coaching on the foundation skills needed to confidently progress to higher levels. There are four progressive levels in the Gym FUNDamentals program. Gymnasts are assessed in Weeks 8 and 9 each term and can progress at their own pace. On completion, gymnasts may be invited into either the **Gym Skills** program or the **Development** program, based on their coach’s recommendation.

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

Gym Skills follows the same goals as Gym Fun but for those 7 years plus. This program develops foundation skills and movement patterns required in 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 are invited into the **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 classes are designed for students learning outside of a traditional school setting. These classes focus on strength, coordination, body control and fundamental movement patterns through parkour, freestyle, and obstacle-based activities, while also providing social interaction with peers.

DEVELOPMENT: WAG CLUB LEVELS & MAG DEVELOPMENT

Once gymnasts have successfully completed Gym Fun/Skills, they may be recommended for our Club Levels program. These classes provide an introduction to a more structured training environment, where gymnasts have the opportunity to prepare for and participate in in-house competitions at FFG. Gymnasts continue to develop and refine their skills across all apparatus with a focus on technique, consistency, and confidence. Competition participation is not compulsory, and gymnasts may train in their class on a purely recreational basis.

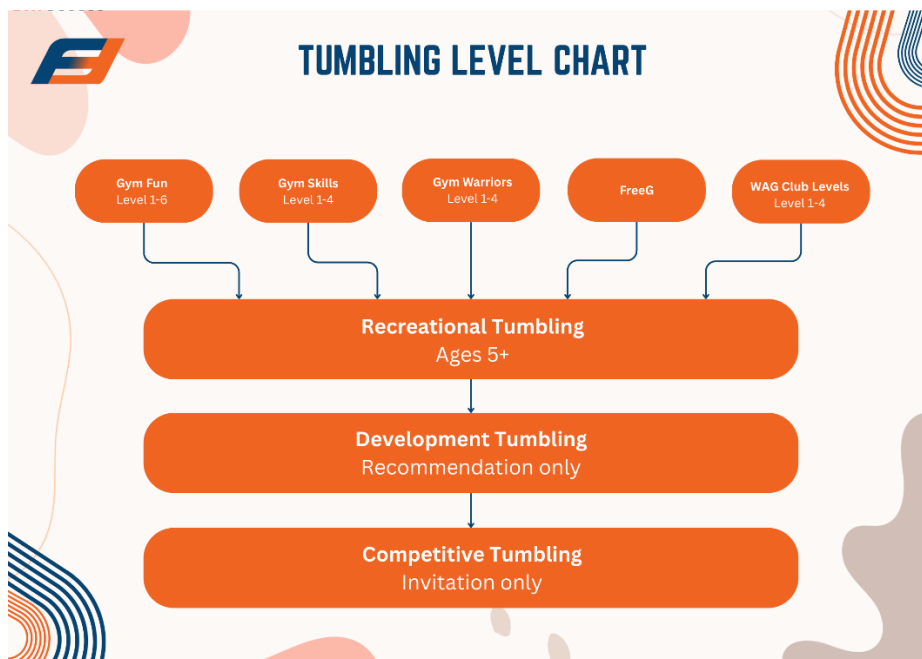
Our development classes are designed to refine the skills gained in Gym Fun/Skills, preparing gymnasts for the GA competitive stream. No longer co-ed classes, female gymnasts continue training on floor, bars, beam and vault, whilst male gymnasts train on pommel, rings, vault, parallel bars, high bar and floor. Gymnasts in these programs receive more tailored coaching with attention to detail on each apparatus.

COMPETITION SQUADS: WAG AND MAG (STATE/NATIONAL LEVEL 2+)

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 the Competition Handbook for further information.





TUMBLING: RECREATIONAL 5+ YEARS (CO-ED)

This class focuses on developing fundamental movement skills as children learn to better control their bodies through fun, engaging activities. Athletes are introduced to basic tumbling skills such as rolls, balances, handstands, and cartwheels in a playful and supportive environment. Classes are varied and engaging, helping improve coordination, strength, and confidence. The skills developed form a strong foundation that supports a wide range of sports and physical activities as children grow.

TUMBLING: DEVELOPMENT 8+ YEARS (CO-ED) (INVITATION ONLY)

Selection into the Development Squad recognises athletes who demonstrate strong ability, commitment, and promise in tumbling. This program is designed for athletes ready to move beyond recreational classes and begin more focused skill development in a supportive and motivating environment.

Training places greater emphasis on technique, strength, flexibility, and control, while introducing structured progressions and performance habits. The Development Squad marks the beginning of a performance focused pathway, supporting athletes as they build the foundations required for advanced training and future representative opportunities at state and national levels.

TUMBLING: COMPETITIVE (INVITATION ONLY)

The Elite Tumbling Squad is a high-level program for athletes competing within the National Age Stream and striving toward future high-performance representation. This squad is designed for highly motivated athletes who demonstrate exceptional commitment, resilience, and a strong work ethic both in and out of the gym.

Training is intensive and structured, with weekly schedules that may include morning and afternoon sessions. Athletes focus on advanced skill development, strength and conditioning, execution, and consistency, while building the discipline required for elite-level tumbling. This program represents a significant commitment from both athletes and their families, supporting long-term athlete development and progression toward national and international pathways.



ASSESSMENTS

WAG Club level and WAG/MAG Development 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 and Free G 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.

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.

FEES

GYMNASTICS AUSTRALIA (GA) ANNUAL MEMBERSHIP

Your registration fee includes an annual membership to Gymnastics Australia (GA) 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 payment due every year in term 1. The fee is pro-rated if you join mid-year and varies according to the program 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 listed on your initial invoice.

	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

FEES

Kindy, Recreational and Development 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 class 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 class.

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

Squad program fees are billed fortnightly, starting from the first week after the FFG Christmas and New Year closure, up until the next Christmas and New Year closure.

MAKEUP CLASSES AND CREDITS/REFUNDS

- Makeup classes are **not offered** in any circumstance, except when FFG cancels a class
- Credits/refunds **will not** be issued if a makeup class cannot be scheduled
- Makeup tokens are valid for classes of the same level or a school holiday program session

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

ADDITIONAL FEES AND DISCOUNTS

Description	Amount
ADMIN: Drop re-enrolment; GA Membership transfers *	\$15.00
LATE PICK UP: After closing hours only **	\$15.00 per 15 mins
MEDICAL: Multiple absence ***	50% Credit/Refund
DISCOUNT: Multi-sibling enrolment ****	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

** LATE PICK UP

- Our coaches are required to supervise gymnasts until they are picked up. Repeated late collections impact their ability to meet other club responsibilities. A late pick-up fee of \$15 for every 15 minutes (or part thereof) will be added to your account, e.g. 1-15 minutes late = \$15; 16-30 minutes late = \$30; 31-45 minutes late = \$45

*** MEDICAL

- If your child has a medical certificate covering 3+ consecutive absences, please email it to enquiries@forefrontgym.com.au and a 50% credit will be applied for the missed classes
- Makeup classes/credits/refunds are **not** applied for less than 3 consecutive absences, including due to general 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
- Multi-sibling discount does not apply to the annual GA Membership fee

CANCELLATION / TERMINATION OF ENROLMENT

Description	Amount
CANCEL: Family cancels an enrolment prior start of term but paid priority invoice *	\$25.00 - \$50.00 fee
CANCEL: Family cancels an enrolment during term **	50% Credit/Refund
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, remainder credit/refund
 - KindyGym classes: \$25 cancellation processing fee, remainder credit/refund

** CANCEL (DURING TERM)

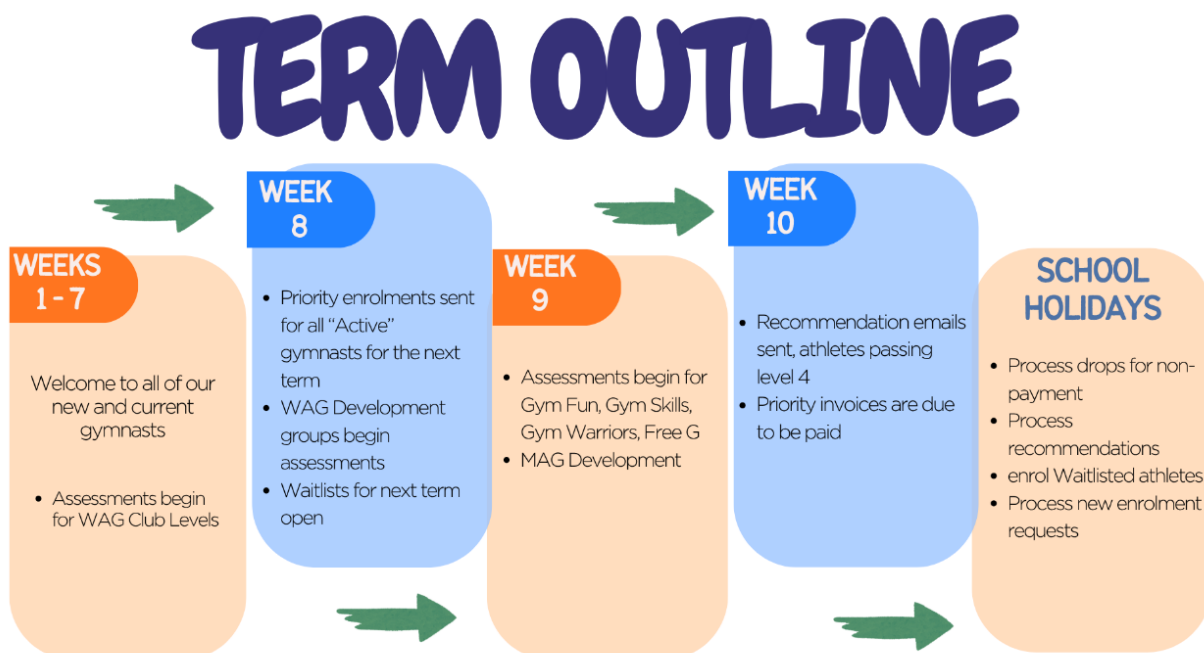
- If you have paid for the full term and cancel after term has commenced, 50% of the remaining term fees will be refunded
- If fees are outstanding, the adjusted amount must be paid within 7 days of receipt
- The annual GA Membership fee is non-refundable

*** 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

TERM OUTLINE

Please refer to the chart below for an overview of how our programs operate during school terms and school holiday periods. We encourage all families to familiarise themselves with this process to ensure they understand what to expect throughout the year.



ICLASS PRO: ONLINE 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 sessions and events including school holiday program sessions and skill workshops.

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 in the case of priority invoices, can result in your 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.

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

Alternatively, we encourage you to download the iClassPro app and use organisation code: **forefrontgym**

Please ensure you allow notifications from the app so any information regarding your enrolment, including cancelled classes, brings up a notification on your phone.

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 of iClass Pro:

Booking

- After selecting 'student', you will see all available classes
- Click on the class you would like to join to view the class details sheet with further information
- Select the class, 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

- Uniform is available to purchase and collect from FFG. If an item is showing as out of stock, please email enquiries@forefrontgym.com.au

More

- Gift Certificates – Available for purchase
- Policies - Access the policies you have accepted or need to accept. Policies can also be printed for reference



EXTREME HEAT

At FFG, the safety of our gymnasts is our priority, and we actively manage classes during hot weather to reduce the risk of heat-related illness. The measures below ensure we can continue to run classes safely while prioritising the wellbeing of all gymnasts:

- **Class cancellations:** If the forecast is scheduled to reach 35°C+, the internal temperature will be measured digitally throughout the day. If the gym temperature is 36.9°C or less at 2:00pm, classes will continue. If the gym temperature is 37°C or more at 2:00pm with no cool change forecast until 4:00pm, all classes will be cancelled. If a cool change is forecast before 4:00pm, the temperature will be rechecked at 3:00pm. If the temperature in the gym is 37°C or over at 3:00pm, all classes will be cancelled
- **Modified training:** On hot days, training is adjusted to reduce intensity, with a strong focus on safety rather than performance
- **Rest breaks:** Additional rest is built into classes as temperatures rise, with more frequent and longer breaks in higher heat
- **Hydration:** Gymnasts are encouraged to drink water before, during, and after class, with regular drink breaks (at least every 15 minutes in higher temperatures)
- **Cooling strategies:** Use of fans in the gym and air conditioning in the foyer, water breaks to help manage heat levels
- **Monitoring wellbeing:** Coaches closely monitor all gymnasts for signs of heat stress and respond accordingly, understanding that tolerance varies between individuals

- **Shared responsibility:** Parents and gymnasts are encouraged to come prepared with water, communicate any health concerns, and be aware of heat-related symptoms

Exceptions to Cancellation Policy

Competitive gymnasts may train if cancellation of the session would be detrimental to their training regime. This will be decided by the senior coaches of each competitive discipline after consultation with families.

If training continues in extreme heat, the workload will be reduced, the session may be shortened, regular drink breaks will be taken, and coaches will monitor for signs of heat stress.

How We Notify You of Heat Cancellations

- An email will be sent to all members and coaches informing them of the cancelled classes
- A cancellation message will be uploaded to our social media profiles and iClass portal
- A sign will be put on the entrance doors of the club

Reimbursement

A credit equivalent to the full fee of any class cancelled due to extreme heat will be applied to your iClassPro account.

TERM INFORMATION FOR 2026/27

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 classes on Saturday 19th December for the Christmas and New Year period and will reopen in January, date TBA.

FFG is closed on all 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



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.

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 class whenever possible. If you would like to stay and watch, please use our designated viewing area upstairs.

To ensure the privacy and safety of all members, **photography and videography are strictly prohibited.**

MEDICAL CONDITIONS

Please ensure that you disclose all medical conditions at the time of enrolment, and email enquiries@forefrontgym.com.au with any specific concerns that you have.

If your child carries an inhaler or epi-pen, please ensure these are clearly labelled with their name, given to their

coach at the beginning of class, and collected at the end of class. 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

As many of our classes are after school, we understand children may bring snacks to eat whilst in the foyer. Please refrain from bringing any food containing nuts onto the premises, and that you leave the area clean and tidy.

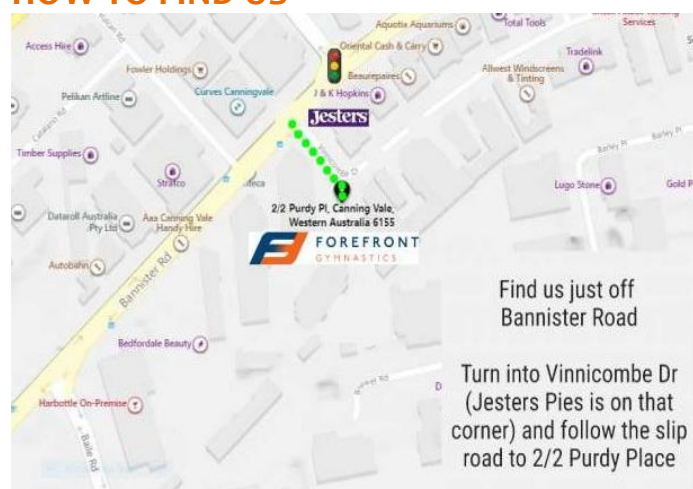
CODE OF CONDUCT

As affiliates of Gymnastics Australia, we are proud to follow and endorse their regulations. We ask that all athletes, parents and spectators also adhere to these.

We have a **ZERO TOLERANCE** policy involving acts of aggression or intimidation towards members of staff. Should this happen, you will be asked to leave the premises immediately and your child(ren)'s enrolment will be cancelled.

GA regulations can be found on the GA website here: <https://www.gymnastics.org.au/by-laws-policies-and-technical-regulations>

HOW TO FIND US



Forefront ymnastics
2/2 Purdy Pl
Canning Vale, WA, 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



BUILDING STRONG
BODIES AND MINDS!

