



Welcome to Waverley Gymnastics Centre!

Waverley Gymnastics Centre offers quality gymnastics classes full of fun and learning for 2-14 year old children of all abilities. Our outstanding coaches are experienced, nationally accredited and most of all passionate about teaching children gymnastics! During the past 30 years Waverley has established itself as an Australian Leader in providing World Class Junior Gymnastics (2-5 year olds), Educational Gymnastics (5-14 year olds) and Competitive WAG Gymnastics. We operate from three exceptional campuses, located in Oakleigh, Glen Waverley and Toorak. We are the proud home of Olympians Georgia Bonora, Larrissa Miller and Shona Morgan.

Junior Gymnastics at Waverley:

- The program is designed for pre-school aged girls and boys from the age of 2 upwards. We offer parent assisted classes for children aged 2–3 years of age and non-parent assisted classes for children over 4 years of age. Each class is structured and coach led. Parented classes comprise of up to 10 children (plus carers), non-parented classes have up to 8 children enrolled.
- Our coaching staff are experienced in working with young children, qualified and registered with Gymnastics Australia to ensure the best possible experience and learning outcome for your child.
- Classes run for 50 minutes. Coaches follow a fortnightly lesson plan for each age grouping with up skills and down skills to cater for individual differences. Lesson plans and equipment set up change on a fortnightly basis.
- Each lesson comprises a warmup covering an introduction to fundamental gymnastics shapes with the children then commencing their circuit learning. Classes conclude with a cool down activity.
- Circuits are set up covering floor, bars, beam, foam pit, tumble track and trampoline. Over a two week period the children cover all 6 circuits of learning, plus a general skill activity appropriate for their age group.
- Classes incorporate learning about safety in the gym, including specific safety drills that teach children how to run, jump, go upside down, climb, fall and land safely.



Program Goals:

- For the children to have fun, working towards improved body control, spatial awareness, strength and flexibility through learning gymnastics – a foundation sport for all others.
- For the children to develop their ability to focus, work with others and to follow instructions leading to improved learning outcomes.
- For the children to challenge themselves to improve, grow in confidence and develop a “can do attitude” and a love of physical activity fostered in a safe, challenging and supportive environment.
- For the children to experience all the other benefits that learning gymnastics can bring in a structured program with an emphasis on fun and learning!

Oakleigh Campus Information:

- Please use one of the car parking areas located around the centre. To ensure your child’s safety please walk them to and from the car park into the gym foyer before and after class.
- When you arrive for the class please make your way through the main ORC reception, veer right to our Waverley reception desk where our friendly staff can further assist.
- Change rooms are available with cubby holes to store clothes, bags and shoes. Please do not leave valuables in the change rooms.
- All children and parents must wait in the corridor at the “gym entry” door until their coach comes to collect them at the start of the class.
- Parents/carers in the parent assisted classes are actively involved, learning alongside their child, providing “one on one” direction and assistance. As a courtesy to all participants, we respectfully request that mobile phones not be accessed during class.



- Please be sure to contact the office once your child has turned 4 years of age if you wish to check availability in non-parented classes. You are most welcome to remain in the parented classes if you feel this brings the most benefit to your child's learning.
- Parents of our over 4's are welcome to stay and watch their child's class from our upstairs viewing area.
- At the end of the class coaches will return the children in the independent learning classes to the gym door, signed as "gym exit."
- We require that parents of children in the independent learning classes remain in the centre during class if their child needs assistance toileting. If no assistance is required in this regard, and you choose to leave the centre whilst your child is in class, please be sure to return 5 minutes prior to the end of the 50 minute class ready for pick up.
- For safety and insurance reasons siblings not enrolled in a class are unable to attend and will need alternative care arrangements.
- To avoid loss of class time please try to encourage your child to use the toilet prior to class. There are two toilets inside the gym if a child does need to visit the toilet during class and children will be sent in pairs. At peak times there may be a supervising coach available to escort an individual child to the toilet.
- We encourage children to bring a drink bottle to class, however, please remember to take your drink bottle home as those left behind are routinely disposed of.

Uniform:

- Our Junior Gym t-shirts and leotards are available to purchase from the membership desk. T-shirts are \$15 and leotards are currently available to our Junior Gymnasts at the special price of \$39 (normally \$61.05).



Fees:

- We offer a 'no obligation' trial class for \$20, payable prior to the trial class.
- Class tuition fees are billed by monthly direct debit (VISA or Mastercard only), on the first of each month from February to December. Fees are calculated as follows: 45 classes at \$24.90 each, divided into 11 equal payments = \$101.85 per month. Children commencing after the start of the year are billed pro rata.
- There is a separate annual fee of \$32.36 which covers the Gymnastics Australia insurance charge for 2021.
- The December instalment will have an additional charge of \$5 added separately to cover the cost of the medal presented at the end of the year.
- In 2021, classes will run as normal during the following weeks of the government school holidays: Monday 12th – Sunday 18th April, Monday 5th - Sunday 11th July, and Monday 27th September – Sunday 3rd October.
- If you miss a class you are very welcome to attend a make-up class during our Bring a Friend Week or our week of training which occurs in the school holidays. Please see our friendly membership team for availability. Unfortunately we are not able to provide credits for missed classes.
- You can advise at any point of a decision not to continue classes, by giving 2 weeks' notice in writing to admin@wgc.org.au.

We always welcome questions and feedback – simply contact the office on 9887-9611 or email us at admin@wgc.org.au. For more information visit our website: www.wgc.org.au. Keep up to date with everything happening at Waverley by following us on [Facebook](#) and [Instagram](#).

Waverley Gymnastics Centre is committed to promoting and protecting the interests and safety of children. WGC has zero tolerance for child abuse.