

Educational Gymnastics

Class enrolment is based on age.

FunGym: 1 – 4 years old

PreGym: 4 – 5 years old



Register today!

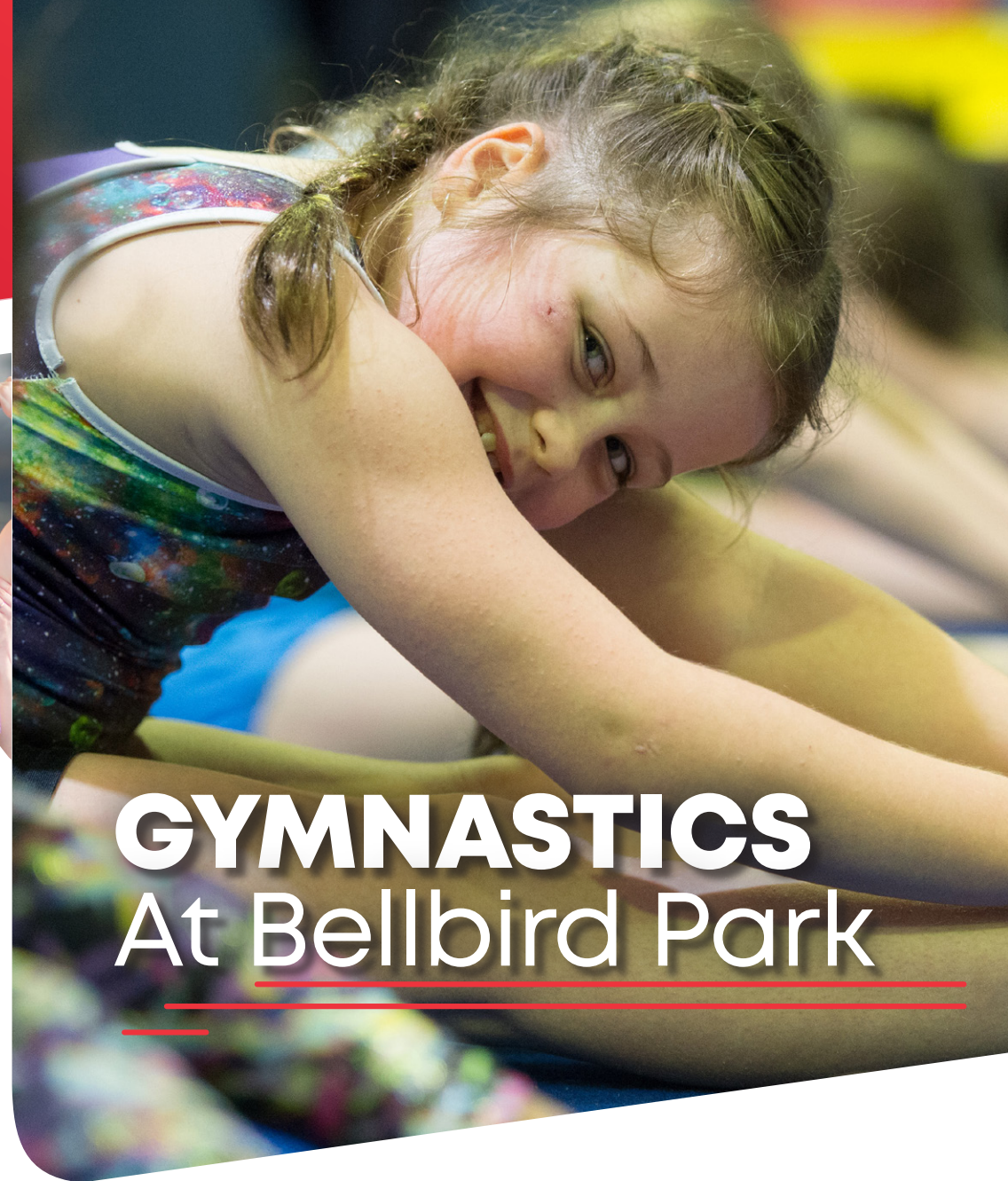
Bellbird Park Indoor Centre

270 Settlement Rd, Drouin VIC 3818

P: (03) 5625 2501

E: bellbird.park@ymca.org.au

W: www.bellbirdpark.ymca.org.au



GYMNASTICS At Bellbird Park

Bellbird Park
INDOOR CENTRE



Welcome to Gymnastics

YMCA Gymnastics – Program Overview

Our gymnastics classes are determined by age. Each program contains their own level stages to allow for various drills and skills to be taught by the coach to children of all abilities. The content has been created containing coaching techniques, progressions and activities that directly relate to the Gymnastics Victoria, LaunchPad Program.

Safety and landings are an important component of the program focusing on the alternative ways to fall and safely protect the head, neck and back. This program is designed to move children from a beginner to a proficient gymnast in a fun, supportive and rewarding environment. Gymnastics promotes coordination, strength and success in the child's future sports choices.

Educational Gymnastics

FUNGYM

Is a parent assisted program suitable for children from 1 to 4 years. The classes encourage social interaction with other children, help the development of gross and fine motor skills, coordination, balance, and body awareness.

PREGYM

Is a program for preschool children who are enrolled in 4year old kindergarten to assist in gross motor skill development. Classes incorporate a combination of group and circuit based activities. Dominant movement patterns are a main focus. These include; swing, spring, landings, rotation, locomotion and static elements.

The program encourages independence from parental support while aiming to develop strong social connections with other children, giving a sense of self confidence and personal achievement for each child. Parent participation is no required; however we ask that parents remain in the centre during the class.

Class Details

Dates / Times

Classes will follow the school semester and run every Tuesday and Friday. These are the following times and class details:

Class	Time	Age
FunGym Class	9.45 am - 10.30 am	1 - 3 years olds
FunGym Class	10.30 am - 11.15 am	3 - 4 years olds
PreGym Class	11.15 am - 12.00 pm	4 - 5 years olds

Cost

Registration Fee:

There will be a \$37.00 registration fee for each child to register. The registration fee entitles your child to a membership to Gymnastics Victoria which includes personal insurance.

Class Cost:

Class cost is a fortnightly payment of \$21.50 This will be direct debited from your card or bank account and will be set up when registering. This fee entitles your child to one class a week on either the Tuesday or Friday.

To register your child or for more information please email bellbird.park@ymca.org.au or see our friendly staff at the reception.

