



Members Handbook
2019 - 2020

Table of Contents

Welcome	3
Our Philosophies	
About Us	
Membership	
Our Programs	4
Preschool	
Tumble Tots	
Tiny Tumblers	
Recreational	
Beginner	
Intermediate	
Advanced	
Open Gym	
Date Night	
Showcase Week	
Booking Your Class	7
Club Guidelines	8
Hot Weather Policy	8
Communication	9
Car Parking	9
Nut Free Policy	9
Media Release	9
Waiver	10
Other Policies	10



Welcome

Welcome to Skybound Gymnastics Club, Trampoline and Tumbling specialists!
We are so grateful to have you a part of our Gymnastics family!

Please take the time to read through this handbook, as it contains important information regarding everything from our programs and philosophies to our policies and procedures.

At Skybound Gymnastics we have an open door policy. Your feedback is very important to us so please speak to us at any time if you have any questions, concerns or comments so we can do our best to address them.

Once again, thank you for choosing Skybound Gymnastics. We hope you find fulfilment and enjoyment through being a member of our club.

Our Philosophies

At Skybound Gymnastics we are dedicated to delivering high quality classes to our customers. We believe in working closely with families to achieve the best possible learning experience for their children. Our approach is personalized for each and every individual, tailored to suit their learning style and we think this gives everyone the best opportunity to achieve their goals! Whether its to learn a back-flip or become national champion Skybound Gymnastics is where its all done.

About Us

Skybound Gymnastics is brand new as of April 2018. Owned and operated by Wei Jun Lee, Skybound Gymnastics provides a safe, fun environment with accredited coaches dedicated to the development of general gymnastics skills and furthermore the disciplines of Tumbling (also known as Power Tumbling), Double Mini Tramp (DMT) and Trampolining.

Membership

All class participants are required to become members of Skybound Gymnastics Club.

This annual fee of \$20 covers the cost of registering the member with Gymnastics Australia and provides them with personal accident insurance.

Members also receive a free club T-shirt and fantastic family discounts!

Our Programs

Skybound Gymnastics have a range of programs to suit the need of every individual. Classes start from as young as 2 years old and span all the way to adults and beyond! We believe everyone should have access to this amazing sport regardless of age or ability.

Preschool

Welcome to the world of Gymnastics!

Our Gymnastics classes start from as young as 24months old! This is where your child's journey begins as they explore and discover our specialised Gymnastics facility. From bars and beams to trampolines, your child will learn through play!

The Preschool program is the result of years of knowledge and experience. Designed to help your child create new friendships, develop both physically and mentally and build confidence in preparation for school. There's no other sport like Gymnastics to give your child the best head start in life!

All classes are taught by Gymnastics Australia qualified coaches.

Tumble Tots

Name: Tumble Tots
Cost: \$172.50 per term (10 weeks)
Length: 45 minutes
For Ages: 2 - 3 years

Requirements: Parents are required to participate with their children.

Description: Dive into the deepest ocean or swing from the highest treetops, every week is a new adventure in our Tumble Tots classes! Mum and Dad join in the fun too, playing and teaching their children under the instruction of our devoted coaches. Each game, dance or exercise has been selected to improve your child's balance, coordination and fine motor skills. So, what are you waiting for? Come in and join the fun!

Tiny Tumblers

Name: Tiny Tumblers
Cost: \$230 per term (10 weeks)
Length: 1 hour
For Ages: 3 - 4 years

Requirements: This is a non-parent participation class

Description: With primary school just around the corner our Tiny Tumblers will give your child all the tools they need step into their new class brimming with confidence! This program aims to provide new physical challenges, promote teamwork and listening skills. Through the fun and exciting world of Gymnastics your child will be ready for school in no time!

Recreational

Our Recreational program has a spot for every child, from the inquisitive beginner to the adept athlete. Classes involve a range of fun and challenging activities that develop a wide range of physical attributes including strength, flexibility, balance, and coordination. Each class is a stepping stone to the next providing a smooth progression through the program. Children can enter the program at any stage provided they meet the requirements for their desired class.

All classes are taught by Gymnastics Australia qualified coaches.

Beginners

Name: Beginners

Cost: \$230 per term (10 weeks)

Length: 1 hour

For Ages: 5 - 13 years

Requirements: None

Description: This class is for 5 - 13 years olds designed to teach them the basics of Gymnastics and requires no previous experience. There are classes for the following age groups: 5 - 7 years, 8 - 10 years and 11 - 13 years.

Participants in this class use a variety of equipment including trampolines, and air tracks.

Skills covered in this class includes:

- * Handstands
- * Cartwheels
- * Round offs

Intermediate

Name: Intermediate

Cost: \$290 per term (10 weeks)

Length: 1.5 hours

For Ages: 7 - 13 years

Requirements: Pre-requisites for this class are:

- * Forwards and backwards rolls
- * Bridge hold
- * Handstands
- * Cartwheels

Description: This class is designed to teach more challenging skills such as somersaults and improve strength and flexibility. Perfect for those looking to learn a back handspring or somersault. A great addition for any dancer, cheerleader or back yard trampolinist!

Requires a basic knowledge of Gymnastics fundamentals.

Skills covered in this class include:

- * Somersaults
- * Back handsprings

Advanced

Name: Advanced
Cost: \$340 per term (10 weeks)
Length: 2 hours
For Ages: 7 - 13 years
Requirements: Pre-requisites for this class are:
* Front somersault
* Back somersault
* Back handspring

Description: This class introduces complex movements such as somersaults with a twist and tumbling combinations.

Requires a decent level of Gymnastics experience.

Some of the skills developed in this class are:

- * Cody
- * Back full
- * Round off back handspring back tuck

This class is for dedicated athletes looking to expand their skill set. Suggested as a supplement for dancers, cheerleaders and back yard trampolinists.

Open Gym

Name: Open Gym
Cost: \$20 per class or \$160 for 10 classes
Length: 1 hour
For Ages: 13 – 16 years
Requirements: None

Description: Our Open Gym classes are for teenagers who prefer the freedom of an open session and require no ongoing commitment. Each one-hour session gives unlimited access to all of our equipment including trampoline, air tracks and double mini. Qualified tumbling coaches supervise all sessions and are able to provide expert advised at any time!

Date Night

Name: Date Night
Cost: \$30 per night
Length: 2 hours
For Ages: 5 – 13 years
Requirements: None

Description: Need a little time for yourselves? Perhaps a well deserved night out?

Take a break and let us look after the kids, every Friday night from 6:15pm - 8:15pm!

Kids will have full access to all of our equipment plus a quiet movie area. Pizza and juice provided.

\$30 per night (plus membership), there is limited space so booking is essential.

Book online for the full term or give us a call 0756880844 to book a one off and enjoy the endless possibilities!

For ages 5 - 13 years.

Showcase Week

The last week of each term is Showcase Week. Parents, friends and family are invited to come and watch their child participate in their lesson. This is an opportunity for parents to take photos/video on condition that all photos/videos are for private use only. We would ask that due consideration be paid to other children/families that may be visible in your photos/videos. It is your responsibility to ensure that all necessary permission has been given before uploading any photos/videos to the internet or social media. Skybound Gymnastics reserve the right to inspect any photography/video to ensure the safety of our members are upheld.

Booking Your Class

All of our bookings are done online including bookings done at the club.

To book click head to our website www.skyboundgymnastics.com.au and click on the "Online Bookings" link, you will be taken to our online booking form.

Fill out the form with the participants details and select the class of choice from the dropdown menu. You can add additional participants as family members by clicking the "Add another member" button. Each participant will be charged a membership fee if they are not already members.

Once you have finished adding participants click "Proceed to Parent/Guardians, this is where you will add the responsible guardian's details then click "Terms and Conditions"

Please read through our Terms and Conditions thoroughly, you will need to accept these Terms and Conditions to proceed to the payment screen.

Payment must be given at the time of booking to secure your spot.

We recommending booking online before coming to the club to prevent disappointment if a class is full. Your member login details will be emailed to the listed responsible guardian and can be used to quickly re-enrol next time!

Don't forget to pick up your club T-shirt upon your first visit to the club!

Family Discounts

We are proud to be able to provide our members with fantastic family discounts. Each additional family member will receive a compounding 20% off their class fees.

2nd child = 20% discount

3rd child = 40% discount

4th child = 60% discount

5th child = 80% discount

6th child = 100% discount

This same rule applies for additional classes for a single child.

Please note, all classes must be booked at the same time for the discount to apply on our online booking system.

Club Guidelines

Club guidelines are in place to ensure the safety of those utilising the facilities at Skybound Gymnastics. We ask that children arrive at and leave the club in a manner that safeguards their health, safety and wellbeing. Our staff will assist in this by adhering to clear guidelines regarding the expected behaviour and ensuring that families understand their requirements and responsibilities.

- Upon arrival please visit reception to notify them of your presence.
- Gymnasts are required to wait quietly in the foyer for a coach to escort them into the gym
- Only class participants are allowed inside the gym. Parents are welcome to sit in the foyer or drop the children off and come back.
- Swearing, running through corridors and yelling will not be tolerated anywhere at any time.
- Parents are responsible for children not participating in classes and should ensure they are behaving in an appropriate manner.
- The car park and bathroom areas must be kept clean at all times.
- Club shirts are to be worn to and from training. If club shirt is not preferred whilst training, leotards, crop tops or other tight fitting clothing in club colours is allowed for girls, boys may also choose to wear no shirt. Black shorts or tights should be worn.
- Hair that is shoulder length or longer must be tied back and off the face.
- No jewellery or tracking devices are to be worn to training. (Studs acceptable)
- Drink bottles filled with water only are permitted in gym.
- No bags or shoes permitted in the gym.
- No food or chewing gum in the gym at any time.
- Mobile phones and iPods must be switched off in the gym.
- Gymnasts must always tell their coach when they need to leave the floor.
- When a class has finished the class will be dismissed from their coach. Parents are required to collect their child from the foyer area.
- Gymnasts are asked to wear their colours and uniforms proudly and always carry themselves in a respectable manor

Hot Weather Policy

We wish to advise all members that we will at all times be diligent and caring and provide the best we can to assist with the safety of children in regard to reactions from exposure to extreme heat. In the event of high temperatures the staff of Skybound Gymnastics are instructed to follow the guidelines as specified in the "BEAT THE HEAT" fact sheet as issued by Sports Medicine Australia.

- Temperature range of 26 to 30. Moderate intensity and allow further breaks if requested. Encourage hydration.

- Temperature range of 31 to 35. Limit intensity and take more breaks. Limit sessions to 60 minutes during extended classes. Encourage hydration and cooling down.

- Temperature range of 36 and above. Postpone stressful training. Encourage slow and gentle activity. Insist on hydration. Allow children to ring parents to be picked up.

Any child that exhibits signs of heat fatigue will be removed from the class and sat in a quiet place in the coolest available area.

In the event of any extreme reaction or concern the staff of Skybound Gymnastics are advised to seek medical assistance.

Skybound Gymnastics wishes to advise that we will endeavour to provide care to all children but we cannot be held responsible for changes in the weather or extreme conditions. It is the responsibility of parents to monitor the conditions and make the appropriate decision to attend or not. We encourage all parents to remove children from classes if they are concerned.

In the event of any of these actions we cannot offer refunds or make up classes as we are required to have staff in attendance to assist children who are unable to be picked up

Communication

Open, two-way communication is important to us at Skybound Gymnastics, we believe that actively listening to our families assists us in providing a better gym environment for our athletes. We therefore encourage families to discuss any issues or concerns with us or alternatively pass on any positive feedback or suggestions.

Most coaches will have an allocated 15 minutes prior and post to their classes to speak with families. Unfortunately, some of our coaches may run classes back to back, in this instance we recommend speaking with reception to book a suitable time to meet. By pre-arranging a time to speak with the coach, we can ensure our class timetable to run on time.

We can be contacted on our office number 0756880844, emailed at admin@skyboundgymnastics.com.au or please feel free to see one of our team members at the front desk.

We use many different aspects of communication within our club and our community. This includes:

- Facebook – www.facebook.com/skyboundgymnastics/ please “like” our page to see all the latest news as it happens.
- Instagram – www.instagram.com/skyboundgymnastics/ we encourage all members to use the hashtag #skyboundgymnastics
- Website – www.skyboundgymnastics.com.au
- Foyer Notice Board - Parents/gymnasts are requested to read the notice board in the foyer weekly.
- Newsletters – we provide a newsletter each term

Car Parking


We have a drop off – pick up policy, parents are welcome to watch their child’s very first lesson, however following that we respectfully request that they drop off their child before class and pick up once they have finished. This applies to all of our classes except Tumble Tots lessons where parents are required to participate with their child and Tiny Tumblers where parents must stay within the venue.

Nut Free Policy

Due to potential allergic reactions we are a strictly nut free zone.

Media Release

By accepting the Terms and Conditions when booking on our online booking form you grant Skybound Gymnastics the right to take photographs/video of your child whilst participating in classes/activities run by Skybound Gymnastics.



You acknowledge that Skybound Gymnastics will use such images/video for promotional purposes across various media including but not limited to Facebook, Instagram, Skybound Gymnastics website, newsletters (print/online), print collateral etc.

You hereby permit Skybound Gymnastics to use said images/video in a lawful manner for the purposes described above.

You understand that your consent can be withdrawn at anytime upon written notice.

Waiver

Whilst Skybound Gymnastics has appropriate levels of public liability insurance and due care will always be taken with your children, by enrolling with us you agree to release Skybound Gymnastics and all employees of Skybound Gymnastics from liability for any injuries to you or your child while attending classes at Skybound Gymnastics.

Policies

All other policies can be found on our website – www.skyboundgymnastics.com.au