

Meriden Gymnastics Program Information



Thank you for choosing to take up Gymnastics! The Meriden afterschool class runs each Wednesday and has become very popular! This fun and exciting class teaches all of the fundamental skills in Artistic Gymnastics. Participants will learn much loved skills on equipment such as the Beam, Bar, Vault and Floor. Learn to hang, swing, circle and support ones body weight on the bar. Enjoy various jumping exercises and learning to land safely from spring boards and mini trampolines. Balance your way along the beam whilst trying out an array of different locomotive balancing acts. Master the tumble floor, by learning to roll, kick to handstand and cartwheel your way around the hall! This class will surely be a challenge for all, but a great class to finish off your Wednesday with! Further class details are outlined below.

Enrolment Timeline:

During Week 6-9 each school term— Reception open for **Re-enrolment.*

During Week 10 of each school term and during school holidays—Reception open to all **NEW enrolments.*

Membership Fee: \$99

**Membership is compulsory and covers registration and insurance for 12months from the time of purchase.*

**This is only due to be paid if it a participant is new to the program or 12months has lapsed sine the last payment, it is now expired and a renewal payment is due. Call or email the Centre to find out.*

Active Kids Vouchers: \$200

**Active Kids Vouchers are accepted at our club. Apply through service NSW to receive vouchers. Save up to \$200 on your fees!*

**Once you receive the voucher via email, simply forward it to us to add to your account.*

**Please ensure that you include a DOB for us so as we can process the voucher in a timely manner.*

How do I Enrol?

Step 1. **Complete this form** and return via email (Scan, or take a photo and resend to us!)

Step 2. **Payment secures your booking. Pay via a Direct Bank Transfer** (A copy of the EFT transaction receipt must accompany this form in your email booking to us. Please ensure that you use your child's full name/s so that we can match this up accurately (Simply take a screen shot or photo and attach to your email). Alternatively you may choose to call and pay with card over phone or see reception in person. Please note however that our reception hours of operation are very limited at this time. We are open very limited mornings from 9:30-11am and afternoons from 4-7pm. Enquiries are encouraged via email.

EFT Details: *If paying by Direct Bank Transfer please include your child's full name in the description.*

Commonwealth Bank

Australian Academy of Gymnastics

BSB: 062116 Account: 00126085

What to wear and getting changed:

There is no set uniform to wear. Participants can choose to wear what is most comfortable for them. Participants may choose to wear their school sport/PE uniform, T-shirt and tights, leotard and bike pants. Please avoid dresses/skirts. Hair should be tied up if possible. To get changed, participants are taken to a class room with the Meriden Supervising Sports Teacher directly after school. From here, they are taken to their sport. It is highly advisable to inform their classroom teacher that they are commencing in the afterschool gymnastics program on Wednesdays, so that their class room teacher is aware that they will need to be included to get changed and taken to their sport.

Pick up:

After school care staff or school PE staff will collect participants from gymnastics after class. If not collected, our gymnastics coach will take any remaining students over to Meriden Afterschool Care regardless. This is also the usual process if a parent is running late. Please arrive on time by 4:30pm.