**CLASS DESCRIPTIONS**

**KINDER GYM**

It is the only program for children under age of 5 that is endorsed by GYMNASTICS AUSTRALIA. This class is suitable for children 2-4 years. Kinder-Gym is a 45min class which is conducted in a safe, structured, multi-sensory environment for young children and requires the participation of the care. It’s a perfect activity to prepare children for long-term participation in the sport of gymnastics and develop vital life skills. Kinder-gym is designed to improve your child’s basic movement patterns while having fun and learning.

Outcomes of Kinder-Gym

* Improve Gross Motor Skills
* Jumping, Swinging, climbing, balancing and hanging
* Stretching
* Safe landings
* Safety rolls
* Movement to music
* Stronger Core

**Pre-Requisites**

Ability to understand simple instructions from both parent and coach. The child to interact safely with their peers, other adults and coach.

**Parents Participation**

Parents/Carers are expected to be involved in the class with their toddler at all times. Parents are asked to assist their child throughout class under coach direction and supervision. Parents are expected to be a good role model to their child by modelling appropriate behavior and encouraging their child throughout class.

**RECREATIONAL PROGRAMS**

Recreational Gymnastics is for any student wishing to learn basic to advance gymnastics at the Recreational level. Our Recreational classes here at EGA are divided into age groups.

Junior, Intermediate and Advance classes. These classes facilitate the gymnasts to progress to the different levels of Recreation without having to commit to Levels or any development training. Recreational gymnastics has been a great platform to develop dancers, kids in athletics, swimming and other sports.

All gymnasts who have no gymnastics background are recommended to start in our recreational class. Gymnasts who are showing talent and ability will be assessed and offered a more advance class. Come join the FUN!

Our Recreational Classes run Monday - Saturday (Saturday Junior Recreation only)

**Junior Recreation - 1 Hour**

**Kindergarten to Year 1 - (Age 5-6)**

In Junior Recreation we introduce the gymnastics terminology that the children will need to know throughout their gymnastics classes.  Basic strength and flexibility skills, as well as strength and conditioning exercises on all apparatuses are also taught in order to help your child progress to the next level of gymnastics

**Intermediate Recreation - 1.5 Hour**

**Year 2 - 4 (Age 7-9)**

Gymnasts will continue working through the gymnastics skill progressions on every apparatus, building upon and perfecting the skills that they have learned in the Beginners program. There will also be more emphasis placed on proper body positions and correct gymnastics form.

**Advance Recreation - 2 Hour**

**Year 5-7 (Age 10-12)**

Gymnasts will continue to work through the gymnastics skill progressions, with an even greater emphasis on proper body positions and correct gymnastics form. They will continue to perfect the skills that have been learnt from the Intermediate class. There will also be added strength and flexibility skills compared to the Beginner and intermediate classes.

**TUMBLING CLASSES**

Are you looking for that “WOW” factor to add into your dance and cheerleading routine. Our Tumbling program is designed for dancers and gymnasts who wish to learn tumbling, Arial awareness and acrobatic skills that can be incorporated into specialized routines. Floor area is 13m x 13m sprung floor.

If your Dance or Cheer group is interested in hiring the floor area please email: [easterngymnasticsacademy@gmail.com](mailto:easterngymnasticsacademy@gmail.com)

Please advise us if you require the services of our specialized EGA Coaches.

**Beginner Tumble - 1 Hour**

Caters for the beginner gymnast or tumbler who is interested in focusing more on their tumbling skills. No experience necessary

**Advance Tumble – 1.5 Hour**

This class is designed for gymnasts who have mastered their back spring. Gymnasts will develop progressively more complicated tumbling skills such as forward/back layout, twisting and combination series.

**TEENAGE GYM**

**High school student (Year 7 to 12)**

Teen gym provides a program for slightly older gymnasts to learn and develop gymnastics skills at a personal rate. Some participants will be ex gymnasts returning to the sport, others may be from the competitive gymnastics who wish to transition to a more non competitive training with the enjoyment of the sport at a more fun and social outlet that the training brings. You don’t have to have a large knowledge of gymnastics to be in this class. We emphasis on Fitness, Flexibility, strength and Skills.

**ADULT GYM**

Increase fitness and muscle tone with this total body workout. Adult gym is an opportunity for anyone to try gymnastics, meet new people and have some fun! We welcome ex gymnasts, those who have dabbled in the sport over the years and people who want to try something new. If you would like the gymnastics experience, give EGA Adult Gym a GO!

**COMPETITIVE PROGRAMS**

Participants are selected for this programs as a result of their gymnastics ability, and often quick progression through the recreational program. The main difference between recreational program and competitive programs (apart from the increase of training ours) is the focus on correct technique, body shape and specialization of specific pieces of apparatus.

Children who are selected for the competitive stream are required to complete talent identification screening and a trial period by the head coach. There are a range of opportunities for children who demonstrate a natural talent for the sport. There are 2 different steams in Gymnastics depending on age, ability and commitment. This is called the Australian Levels Program (ALP) which will allow the appropriate pathway for gymnasts to develop their full athletic potential, facilitating athletes to cross between National and International Levels.

The International Levels program allows athletes to reach their gymnastics potential with the ability to be fast tracked to international standard within the appropriate age range.

The National and International Development program has been designed to allow the gymnast to develop at a rate commensurate with their ability, need and desire. This programis designed to cater for the potential of all gymnasts. It is the responsibility of our staff and the club to identify the individual athlete’s potential and to provide the appropriate program

**NATIONAL LEVELS PROGRAM**

**Senior Levels 1-6**

Gymnasts who from year 5 to high school who wish to have the levels experience without the commitment of the compulsory training days. Gymnasts will compete in division 2.

**Training requirements: 2 days per week (age 12-16)**

**Foundation Level 1 & 2**

The Foundation Program (Development 1 & 2) forms the basis of the WAG Australian Levels Program and is a skill based program that includes the opportunity for every WAG gymnast to commence at the same starting point. This skill program is supported by the physical and skill testing program and has no competition focus. Development 1 & 2 consists of flexible skill based circuits. It is a non-competitive program.

**Training requirements: Development 1 - 2 days per week (age 5-6 year)**

**Development 2 - 3 days per week (age6-7 year)**

**National Levels Competition program**

The WAG National Levels Competition program consists of a progressive development of skilled performances based on a modified FIG Code of Points.

* National Level 3-5 perform a compulsory routine with a maximum score of 10.0
* Optional routine choreography is introduced in National level 6 with compulsory elements.
* A mix of compulsory and optional elements with no bonus is require at National level 7 & 8.
* At National 9, with limited bonus, and National Level 10 with unlimited bonus, optional skills in optional routines will be performed with set composition requirements.

**Training requirements: National Level 3 - 3 days per week (age 7-8 years)**

**National Level 4 & 5 - 4 days per week (age 8-10 years)**

**National Level 6 to 10 - 5 days per week (10+ years)**

**ELITE DEVELOPMENT PROGRAM**

The WAG International Development program at EGA aims to prepare little athletes on the high performance pathway. The little gymnasts will be talent ID as early as 4 years of age. The gymnasts will then take their journey into International stream. Hours and strict training times will be introduced. We have divided our Elite Development classes into 3 stages.

**Tiny Talents**

Is a class for our accelerated Kindy Gym gymnasts (morning classes) who display Gross Motor skills for a 4/5 year old.

**Training requirements: Tiny Talents - 3 days per week (age 3-4)**

**Elite Development**

Gymnasts who have progressed from Tiny Talents and are now ready to perfect skills and body positions they will be attending ballet to help with the artistry which will be required in Elite levels.

**Training requirements: Elite Development - 3 days per week (age 4-5)**

**Junior Elite**

Gymnasts who have progressed from Elite Development training and now well on their way to the high performance Levels of Elite. Junior Elite is the foundation International level. The gymnast main focus with be completing the flexible skill based circuit. It is a non-competitive program at EGA and high performance development programs specifically designed with progressive skill selections allowing for fast tracking of the athlete towards the high performance pathway.

**Training requirements: Junior Elite - 4-5 days per week (age 6-8)**