



Welcome to Waverley Gymnastics Centre!

Waverley Gymnastics Centre was formed in 1987. We are a non-profit organisation, affiliated with both Gymnastics Victoria and Gymnastics Australia. Waverley has a strong membership base with over 1,800 gymnasts of varying ages and abilities. We operate from four campuses, located in Armadale, Glen Waverley, Mount Waverley and Narre Warren. Our exceptional programs include Junior Gymnastics (2-5 year olds), Educational Gymnastics (5-14 year olds), Competitive Gymnastics, Holiday Programs and Birthday Parties. 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 2–4 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!

Mt Waverley Campus Information:

- In the interests of safety and traffic flow please use the car park provided at the side of the building and avoid parking on Dorrington Drive. 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 your child’s first class please make your way to the office so we can help you get started.
- Change rooms are available to store clothes, bags and shoes. Please do not leave valuables in the change rooms.
- All children and parents must wait in the foyer 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. Please discourage further play on the equipment once the class has concluded. Further, 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 view activities from the foyer. Unfortunately (with the exception of scheduled Open Weeks) due to space constraints and insurance considerations it is not possible to view activities from within the gym if your child is enrolled in a non-parented class.
- At the end of the class coaches will return the children in the independent learning classes to the foyer area.
- We require that parents of children in the independent learning classes remain in the foyer during class if their child needs assistance toileting. If no assistance required in this regard and you choose to leave the gym 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 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. If a child does need to visit the toilet during class we schedule a toilet/drink break for the entire class to ensure the safety of all the children. At peak times there may be a supervising coach available to escort an individual child to the toilet.
- We have four Open Weeks scheduled throughout the year where we provide seating in the main gym for parents and interested others to come and view activities.
- Four times a year we schedule "Bring a Friend Week", giving your child the opportunity to bring along a friend or two, free of charge, to join in the fun.
- 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 office. T-shirts are \$15 and leotards are currently available at the special price of \$39 (normally \$61.05).



Fees:

- 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: 44 classes @ \$24.50 each, divided into 11 equal payments = \$98.00 per month. Children commencing after the start of the year are billed pro rata.
- There is a separate annual fee of \$30.75 which covers the Gymnastics Australia insurance charge for 2019.
- 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.
- There are no fee credits for missed classes but there is the opportunity to make up a missed class by attending a 1pm session on a Monday or Thursday only. During Bring a Friend Week there is additional scope for classes to be made up.
- Given the courtesy of 2 weeks' written notice, your enrolment can be amended and your account reconciled. Notice of a decision not to continue can be emailed to admin@wgc.org.au
- For more detailed fee information please [click here](#) to view our 2019 Fee Policy.

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 clicking [here](#) to follow us on Facebook.

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