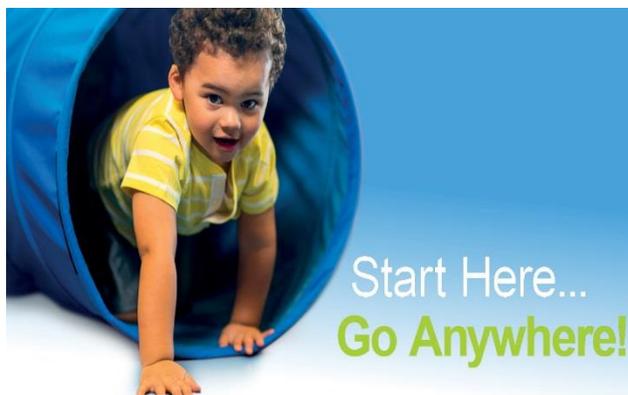


## RECREATION CLASSES ON OFFER



### Recreational classes

This program offers children 5 – 12 years a gymnastics experience in a fun and friendly environment. During each class the children will explore the many different ways in which their bodies can move. This will not only improve their fitness but will also provide each child with sound fundamentals for any other sport they choose to play. This program's aim is to develop strength,

flexibility, coordination, spatial awareness and balance whilst having Fun. Our Recreational classes cover all GymSports and are not in any way specific to one discipline.

Recreational Gymnastics is for any student wishing to learn basic to advance gymnastics at the Recreational level & not necessarily compete. Our Recreational classes here at EGA are divided into age group. Junior, Intermediate and Advanced which allows 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

### **Recreation Classes include:**

- Kinder gym
- Beginner Recreation
- Intermediate Recreation
- Advanced recreation
- Gym Skills
- Teen Gym
- Tumbling & Trampolining

## Class descriptions

### KINDER GYM

Kindergym Program is a movement-based program, which involves parent assistance and is designed for children ideally aged 2-5 years. It is a carefully structured program

offering all children the chance to improve coordination, balance, rhythm, spatial awareness and develop a positive self-esteem.

For Children 2-4 years. Kinder-Gym is a 45min class for young children and their care giver conducted in a safe, structured, multi-sensory environment AND IS Coach directed. 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.

Parents are expected to be a good role model to their child by modelling appropriate behavior and encouraging their child throughout class

It is the only program for children under age of 5 that is endorsed by GYMNASTICS AUSTRALIA.

### **Outcomes of Kinder-Gym**

- Improve Gross Motor Skills
- Coordination
- Jumping, Swinging, climbing, balancing and hanging
- Stretching
- Safe landings
- Safety rolls
- Movement to music
- Stronger Core
- Interaction with other children
- Listening skills / following instruction skills



### **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, this is coach directed.

-Adults are responsible for the supervision and safety of their own child.

-Adults share their child's fun and achievements. The real benefit comes from the child's self-initiated play rather than adult-directed play.

-Adults provide encouragement and positive reinforcement for the child through play. Parent/Carer observes the child while at play.

-By being actively involved, adults reinforce to the child a positive lifelong attitude towards physical activity



**Apparatus included:** Trampolines, Beams, Bars, Jumping castle, Vaulting, Floor Circuits, Rings, Parallel bars and much more. Gymnasts will also learn the basics of Cartwheels, Handstands, Rolling, Swinging, Jumping and Climbing & landing safely.

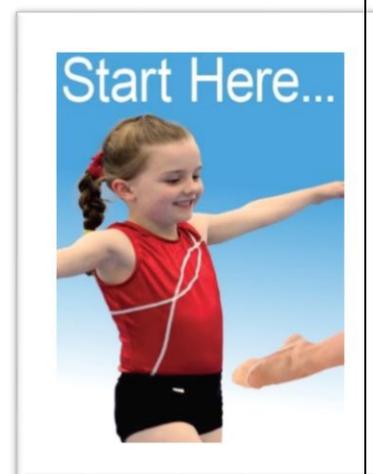
**Class Structure** includes Welcome & warm up, followed by guided exploration/free play, circuits, cool down & farewell. Each week revolves around a theme eg. Jumping, Rolling, Superhero theme, bring a Buddy etc Gymnasts will be issued with Participation card which will be stamped each week and is presented to the child at the end of each term.



**Beginner / Junior Recreation - 1 Hour**  
**Suitable for Kindergarten to Year 1 - (Age 5-6)**

In Junior Recreation we start to 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**  
**Suitable for Year 2 - 3 (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**

#### **Suitable for Year 4-5**

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 intermediate classes.

Gymnasts can be selected to join the Senior Levels group which are held twice a week or progress to Teen Gym once they are in year 6.

### **Gym Sills**

#### **Suitable for Year 3**

Gym Skills is a new class established for EGA students who are currently training in foundation 1 or foundation 2. Gymnasts who have been training Foundation 2 who are in year 3 and are not interested in pursuing National levels.

This class is ideally suited for gymnasts who **do not wish to participate in competitions**. The class will purely be focused on learning various gymnastics and tumbling skills e.g. baranies, backflips, handstands etc. The focus will be on the students developing skills with the correct technique, timing and precision to ensure they are performed safely. Also designed for Year 3 gymnasts who have decided to discontinue in the National program.

This class runs for 2 hours - one to two days a week

### **Teen Gym**

#### **Suitable for High school student (Year 6 to 12)**

Teen gym provides a program for slightly older gymnasts to learn and develop gymnastics skills at 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.



## Tumbling & Trampoline Class

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, Aerial awareness and acrobatic skills that can be incorporated into specialized routines. Floor area is 13m x 13m sprung floor.

### **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**

Are designed for gymnasts who already are flipping. Gymnasts will progressively more complicated tumbling skills such as fwd/back layout, twisting and combination series.

## Adult Gym

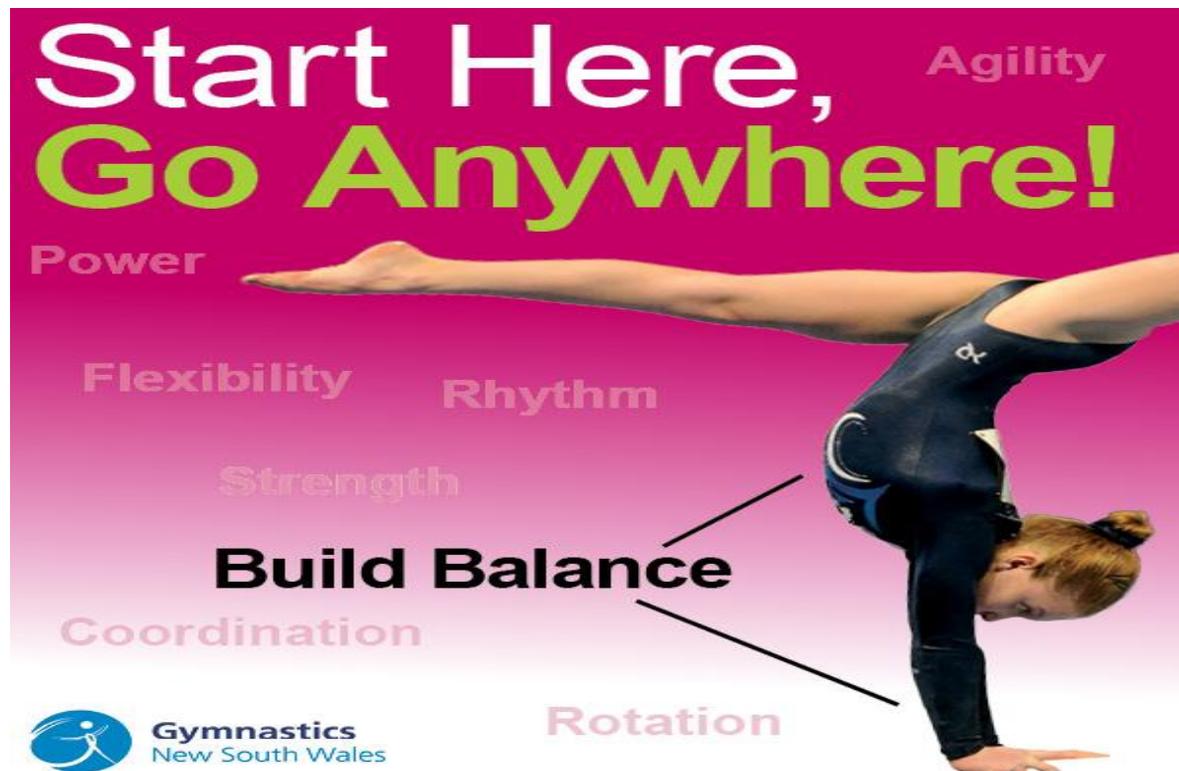
These classes cater for gymnasts & adults from 17 years up. The difficulty is tailored to the individual’s ability. You are never too old to have a go.

The first part of the session is spent on a warm-up including strength, flexibility and basics, then the gymnasts nominate their preferred activity for the rest of the time. Coaches are constantly working and trying to get the best from each participant so you are guaranteed to learn new skills and discover muscles that you never thought you possessed.

The aim is to 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.

Whether you did gymnastics as a child and want to get back in to it, or you feel like a challenge and never tried anything like it before, you will enjoy our Adult Class. Fitness, strength, injury prevention programs are part of this class, we also cater for those who would like to learn a few cool tricks on the equipment!!

If you are an ex-gymnast or have never done gymnastics but always wanted to be able to do a somersault or cartwheel or you simply want to get fit and have a six pack then come along and have a go. If you would just like the gymnastics experience, give EGA Adult Class a GO!



**Start Here,** **Go Anywhere!**

Agility

Power

Flexibility

Rhythm

Strength

**Build Balance**

Coordination

Rotation



The image features a gymnast in a dark blue leotard performing a handstand. The background is a gradient of pink and purple. Various gymnastics skills are listed in different colors: Agility (pink), Power (pink), Flexibility (pink), Rhythm (pink), Strength (pink), Build Balance (black), Coordination (pink), and Rotation (pink). The Gymnastics New South Wales logo is located in the bottom left corner of the graphic.

See EGA Time Table for scheduled classes and times. If you need any further advice, please email us at [gymnastics@ega.academy](mailto:gymnastics@ega.academy)

