

# CLUB DYNAMITE

# JNR BOYS

# HANDBOOK



# Welcome to the Junior Boys program at Club Dynamite!

## **JUNIOR BOYS:**

Junior boys is a foundation Gymnastics program for boys from Prep-Year 2 at school.

Through our Junior boys program, boys develop their coordination, strength, flexibility, balance, confidence, agility, courage, persistence, determination and self esteem.

The boys will learn a variety of gymnastics skills including rolls, handstands, cartwheels and many gymnastics skills on trampolines, floor, rings, high bar, pommel horse, vault and much, much more.

## **CLASS TIMES:**

Junior boys attend one day per week. Class time options are as follows include –

Monday – 4:00-5:00PM

Tuesday – 4:00-5:00PM

Wednesday – 4:00-5:00PM

Thursday – 4:00-5:00PM

Friday – 4:00-5:00PM

Saturday – 9:30-10:30AM

## **CLASS COSTS:**

Classes are \$16 per lesson for the 1 hour class and we offer a two class trial for new gymnasts, for this you pay for your first class and your second class is free. If after the first two classes, your child is enjoying the class and wants to continue, we charge fees in 10 week blocks (or what is left of the block at the time) and the annual registration fee, which is \$75 per child.



### **WHO CAN JOIN:**

Junior boys is open to boys only. You can start anytime from when you are in Prep at school up to the end of Year 2.

You do not need any gymnastics experience to start the Junior boys program.

### **HOW CAN I JOIN:**

Click on the “how to join” option in the membership menu on our website and fill out the form or send us an email to [admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au) with your child’s name, DOB and which day/days suit you the best and we will book you in for a trial.

We do cap our classes at a maximum coach:gymnast ratio, so classes may have a waiting list. Spots will become available on a regular basis as our gymnasts are moved up to higher levels, which happens frequently throughout the terms.

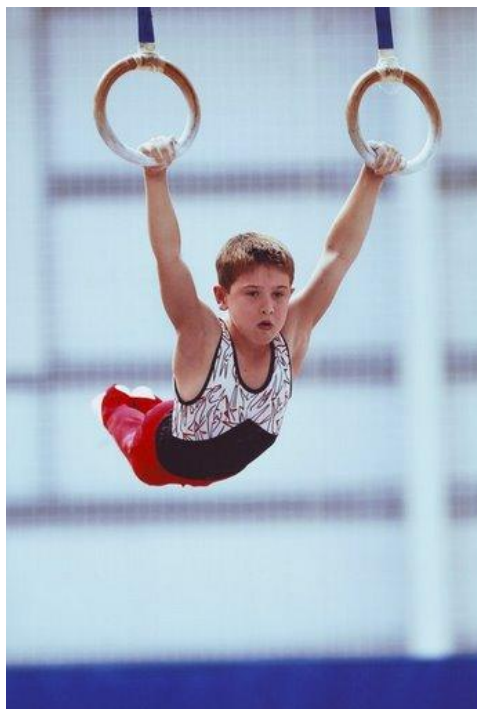
**WHAT SHOULD MY CHILD WEAR:**

Boys wear the Club Dynamite singlet with stretchy shorts, with no buttons or zippers and bare feet.

Once you have done your trial and become a member you will be given a Club Dynamite singlet as a part of your registration.

Please avoid the following

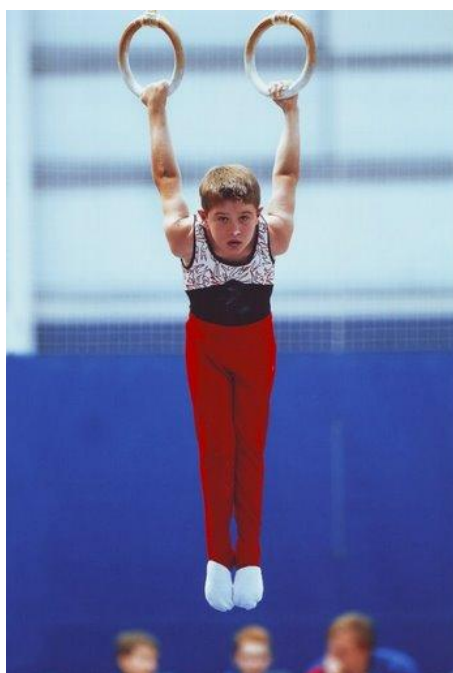
- shoes, socks or anything that covers the feet
- Gloves or anything that covers the hands
- clothes with buttons or zippers
- T shirts
- Baggy clothes or school uniforms
- Jewellery, watches and sports watches



## **WHAT WILL MY CHILD BE LEARNING IN GYMSTAR**

Lots of activities to develop their strength, flexibility, aerial awareness and agility.

- Basics gymnastics shapes
- Forward and backward rolls
- Handstands and cartwheels
- Basic bar skills – pullovers, forward rolls, front support, swings, casts and bar safety
- Basic trampoline skills – trampoline safety, jumps, seat drops, and acrobatic skills
- Foundation skills on MAG apparatus – Pommel horse, Rings, Mushroom, P bars & High bar
- Foundation Vaulting skills
- Gymnastics safety



## **ARE THE CLASSES TAUGHT BY QUALIFIED COACHES?**

Yes, all coaches are qualified and registered with Gymnastics QLD and Gymnastics Australia.

### **IS MY CHILD INSURED:**

Yes! All gymnasts become members of Gymnastics Australia and are fully covered by insurance while participating in all classes and events.



### **WHAT HAPPENS AFTER THE JUNIOR BOYS PROGRAM?**

From the Junior boys class there are a few directions each gymnast can take.

Gymnasts with the potential to move onto competitive gymnastics can be selected for our MAG program.

Gymnasts can also move up to the Gym medal program as they get older, starting in the Bronze group.



### **DO PARENTS NEED TO STAY DURING JUNIOR BOYS CLASSES?**

No, you do not need to stay during the class if you don't want to. Parents and non class participants are not permitted in the gymnastics area.

You are welcome to stay and watch your child's class from our waiting area or to drop your child off and pick them up at the end.



### **COMMUNICATION:**

If you have any questions or queries, email is the fastest and best form of communication – [admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au)