



*Swan Districts  
Gymnastics*

## TERM ONE RECREATION CALENDAR 2019

### SCHOOL-AGE GYMNASTICS PROGRAMS

#### **Junior White & Grey Swans** (4yrs – 7yrs)

Monday – Friday 4.00pm – 5.00pm, Saturday 9.00am – 10.00am

#### **Senior White & Grey Swans** (7yrs - 14yrs)

Monday – Friday 5.00pm – 6.00pm, Saturday 10.00am – 11.00am

#### **Silver & Black Swans** (7/8yrs - 14yrs)

Tues/Thur/Fri 4.15pm – 6.15pm, Saturday 10.00am – 12.00pm

THEME	DATE/WEEK
<b>Welcome Back</b>	1 5 <sup>th</sup> – 8 <sup>th</sup> February
<b>Valentines Week</b>	2 12 <sup>th</sup> – 15 <sup>th</sup> February
	3 19 <sup>th</sup> – 22 <sup>nd</sup> February
<b>Commotion in the Ocean</b>	4 26 <sup>th</sup> February – 1 <sup>st</sup> March
	5 5 <sup>th</sup> – 8 <sup>th</sup> March
<b>Circus Week</b>	6 12 <sup>th</sup> – 15 <sup>th</sup> March
	7 19 <sup>th</sup> – 22 <sup>nd</sup> March
<b>Space Week</b>	8 26 <sup>th</sup> – 29 <sup>th</sup> March
	9 2 <sup>nd</sup> – 5 <sup>th</sup> April
<b>Mini Olympics</b>	10 9 <sup>th</sup> – 12 <sup>th</sup> April

#### **Valentines Week – Week 2**

Show your family and friends how much you love them with a range of activities to get everyone involved!

#### **Commotion in the Ocean – Week 4**

What is your favourite underwater animal? In Week 4 you'll get to enjoy everything you would see within the ocean.

#### **Circus Week – Week 6**

Let's run away to the circus and try all brand new tricks. Walk the tight rope, show us your acrobatic skills, maybe you'll jump through the ring of fire!

#### **Space Week – Week 8**

Reach for the stars and discover that hangs around in our solar system.

#### **Mini Olympics – Week 10**

Bring out your competitive side with Swan Districts Mini Olympics, you might just win a mini award for your hard work!

### **Drop off / pick up procedure**

Please mark your child's attendance with our front desk administrator then make your way either upstairs or stay on the blue matting (prams)

The coach for the day will come and collect you when it is time for your class.

### **Complaints or Compliments**

If you have any complaints or compliments please complete Complaints or Compliments Form available from the front desk. Please return your completed form to the Front Desk Administrator prior to departing the centre.

### **First Aid and Medical Information**

Swan Districts Gymnastic has a fully trained first aid person to attend to any first aid situations if required. A detailed incident report form will be completed and must be signed by the parent or guardian.

### **In Case of an Emergency**

Swan Districts Gymnastics will be conducting quarterly emergency evacuation drills with our coaches. Please assist us in our endeavor to supply a safe environment and follow the evacuation process as set out in our emergency procedure displayed on the front notice board in the event of an emergency. We ask all Parents/ Guardians/ Participants to complete the Medical Information on the Member Information Form to ensure the participant is medically fit to participate in the Gymnastic Program Staff should be aware to ensure safe participation in the program. All forms can be obtained from the Front Desk Administrator.

### **Photography and Video**

As with most events of this sort, we do understand that some parents would like to take photographs of their child during the performance as a record of their child's achievements, however photo's or videos which include any child other than your own can not be published or distributed without the express written permission of Swan Districts Gymnastics. All photographs or videos must adhere to the Swan Districts Gymnastics Photography Policy available at your venue.

### **Gym Rules GYMNASTS**

- NO playing on the equipment before or after class
- NO running unless instructed by a staff member
- Appropriate clothing and bare feet, hair tied up and no jewelry
- Participants are to bring their own water bottle to be placed in designated area
- Children are not to leave the gymnastic area without staff authority
- Abide by the Participant Code of Behavior (refer to POLICIES MANUAL)
- Have fun and keep smiling!

### **PARENTS**

- Please sit up on the mezzanine floor to watch your gymnast's class (exception people with disabilities, unable to walk up stairs or people with prams or strollers).
- No food to be brought onto the gymnastic area.
- Please ensure all valuables are kept close to you - we don't want your things to go wandering.
- Abide by the Parents / Spectator Code of Behavior (refer to POLICIES MANUAL).
- In the interest of member protection, NO photographs or videoing will be allowed unless you have prior permission from the head office or head coach.

### **What else do we offer at Swan Districts Gymnastics?**

#### **KINDER - AGE GYMNASTICS**

**Tuesday to Friday**

**Waddle & Toddle** (18mths - 2.5yrs) 9.15am-10.00am (Wednesday & Friday only)

**Swans & Cygnets** (2.5yrs - 4yrs) 10.00am – 11.00am

**Strong Swans** (3.5yrs - 5yrs) 11.00am -12.00pm

#### **ADULT FITNESS & TUMBLE CLASSES**

**Tuesday** 6.30pm – 8.00pm, **Saturday** 3.30pm – 5.00pm

#### **FREE G / PARKOUR / NINJA CLASSES**

**Junior Ninja** (4yrs – 7yrs) Wednesday 4.00pm – 5.00pm,

(7yrs – 14yrs) Wednesday 5.00pm – 6.00pm

**Junior Free G** (6yrs – 12yrs) Friday 4.00pm – 6.00pm

**Senior Free G** (13yrs+) Saturday 5.00pm – 6.30pm

**See Website for details**

OTHER PROGRAMS HERE AT SWAN DISTRICTS GYMNASTICS

- **STARS PROGRAM** - DEVELOPMENT PROGRAM FOR TALENT IDENTIFIED PRESCHOOL CHILDREN
- **STATE LEVEL PROGRAM** - INVITATION ONLY
- **NATIONAL AND ELITE LEVEL PROGRAM** - INVITATION ONLY
- **TEAM GYM**
- **HOLIDAY PROGRAMS**
- **BIRTHDAY PARTIES**

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