



HOLIDAY INFORMATION PACK 2025

Unit 3, 62 – 64 Cranbrook Road,  larissa@coregnf.com
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 0466 892 890

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Thank you for choosing to enrol in Core's holiday program where we provide quality care for school-aged children (5-13yrs). Your child will enjoy supervised free play, fun games, gymnastics skill instruction and some downtime activities (age-appropriate movies, crafts and games).

BOOKING VIA THE MINDBODY APP (preferred method so that you have control over your bookings/cancellations):

NOTE: Please book at least 48 hours (2 days) prior to your session date.

- 1) Download the Mindbody app (click here for [Apple](#) or [Android](#))
- 2) Create a parental login under your name. **IMPORTANT:** Add your children to your "profile" (bottom right) select the settings cog (top right) "Manage family accounts"
- 3) Select the search tab and search for "Core Gymnastics and Fitness"
- 4) Head to "Schedule" "Classes" Scroll to the date you are interested in Select to "Book" in for the holiday program of your choice. **IMPORTANT:** Select to "book for" the correct child. It will not let you make multiple bookings for the same session under the same name
- 5) Follow instructions for payment Add billing information

Note: Free play, Holiday programs and birthday party bookings are exempt from the yearly registration/insurance fee

OR, Book via invoice: Please email us the date/s you would like to book. Include your child's full name, DOB and a contact number.

DROP OFF / PICK UP OF GYMNASTS

Each session runs from 9am-3pm. Payment is required in cash upon arrival (or pre-payment via the Mindbody app). There will be a 'drop off/pick up' sign in sheet in the foyer that will need to be signed at the start and end of the session. Please notify us if your gymnast will be going home with someone else; we will need written confirmation of this. We also ask that children are picked up promptly after the session, as they will not be let out of the gym until a parent/guardian arrives to collect them. **Let us know of any allergies, medical conditions or behavioural conditions to be aware of.**

TYPICAL PROGRAM FORMAT (this format is subject to change)

- 8.50-9.15am – Sign-in open (welcome to do a late sign-in if required)
- 9.00-9.30am – Free play to familiarise with the gym and wait for all participants to arrive
- 9.30-9.40am – Welcome/roll call including club rules, coach introduction and where facilities are
- 9.40-10.00am – Warm-up games, activities and stretches
- 10.00-10.45am – Split into groups for a gymnastics session (floor, beam, trampoline skills and drills)
- 10.45-11.05am – Morning tea
- 11.05-11.30am – Craft and resting activities (while food digests)
- 11.30-12.30pm – Free play, games, activities
- 12.30-1.00pm – Lunch
- 1.00-1.30pm – Movie time (or light resting activities/craft while food digests)
- 1.30-3.00pm* – Gymnastics-related games, bungees, free play, individual skill practice for those wanting extra coaching.
- *2.15-2.25pm – Afternoon tea or ice block if hot

WHAT TO WEAR?

Participants should wear clothing that they are comfortable and able to move in. Try to avoid baggy clothing including shirts that may lift up when upside down and tracksuit pants below the ankle that may be a trip hazard. We also ask for long hair to be tied back at all times and no jewellery/watches.

WHAT TO BRING?

Water bottle, lunch – Please bring a packed lunch for your child. Morning/afternoon tea will be provided including fresh fruit, cheese, crackers, cabanossi, and cake. In hot conditions we may give children an ice block. Please let us know if your child has any allergies, or 'dislikes', so we can cater for his/her needs. We always suggest packing a few extra snacks in the event your child works up an extra large appetite, or does not like the food we have to offer.

VIEWING POLICY Parents are welcome to stay for 10 minutes to settle your child in. If your child is anxious for you to leave, we are more than happy to give you a courtesy call throughout the day to comment on how they are going.

COST

\$75/child/full day 9-3pm, \$45 if there is a half day option (9-12 or 12-3pm). Receive a 10% discount off a 3rd child's fee in the same family. Cash/payment via the Mindbody [site](#)/app is required BEFORE or on the MORNING OF the first session. **Cancellations made within 24 hours of the session will be non-refundable unless a doctor's certificate is provided.**

MAKE-UP/REFUND POLICY

If your child is sick, injured, or cannot attend a holiday session, please notify us as soon as possible. If you have already paid for the session, you may select another available day to attend. If you cannot make-up the session, you may be eligible to receive a refund if:

- You notify the club with more than 24hrs notice
- You provide a doctor's certificate for sickness/injury within 24hrs

If Core Gymnastics and Fitness is required to cease operations from matters out of their hands (i.e. natural disasters, or Government restrictions), refunds may not be made. Instead, make-up classes or gymnastics camp/clinic days may be offered as compensation for the classes missed.

BEHAVIOUR MANAGEMENT POLICY

Disciplinary action will be taken against anyone who is found to be in breach of the code of behavior or Gym Safety rules. This will help to ensure classes run as safe and smooth as possible. Disciplinary action will be administered in a four-phase education process, designed to allow guidance in correcting inappropriate behavior.

- 1) Warnings – Staff to counsel child and explain the breach, warnings will be indicated with a cross on the whiteboard.
- 2) 3-minute timeout when three crosses are obtained – Staff to counsel child and explain the breach.
- 3) 3-minute timeout with fourth and final warning – Staff to counsel child and explain the breach.
- 4) If a gymnast is given a 5th and final cross on the board, they will be removed from the gymnasium and sat out until the end of class. **Parents** will be **contacted** to take the gymnast home to ensure no more disruption within the class.

* NOTE: Physical violence (pushing, grabbing, hitting, kicking, throwing) is not tolerated and will not be given a warning – immediate timeout will occur and the situation assessed to determine if parents need to be contacted.

CODE OF BEHAVIOUR

All children enrolled in the club must adhere to the following guidelines for behavior when attending. Parents are asked to explain, and educate their children on acceptable behavior as outlined below:

1. Be polite – Be respectful to your peers, your coach and the equipment and encourage your classmates.
2. Be productive – Take advice from your coach and follow their instructions to improve and stay safe.
3. Be positive – Try your best every time, learn from your mistakes and never give up. Mistakes help you to grow!
4. Do not tolerate acts of aggression or bullying. Advise a coach immediately if you have any concerns.



FOAM PIT RULES



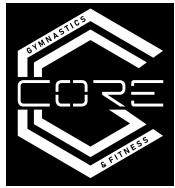
Our gymnastics facility has a foam pit to learn new tricks safely. However, we ask that your gymnast is made aware of the following rules to help reduce the risk of injury to self or others:

1. **NO ONE** is allowed in **FOAM PIT** or on **TRAMPOLINES** (*unless given permission by a coach*)
2. **NO BELLY FLOPS** (*as this may cause injury to back*)
3. **NO DIVING HEAD FIRST** (*as this may cause injury to neck*)
4. **ALWAYS** land on **FEET, BOTTOM** or **BACK** (*as otherwise may cause injury to neck/back*)
5. **WAIT YOUR TURN** and help assist others out of the pit if they are stuck (*do not jump on others*)
6. **ONE PERSON AT A TIME** on trampolines, wait behind on the deck area for your turn
7. **REMOVE ALL ITEMS FROM POCKETS** and strictly **NO JEWELLERY** to be worn
8. **NO SOCKS** to be worn (*as they will get lost*)
9. **RESPECT ALL EQUIPMENT** by not ripping/biting foam cubes

CLUB RULES

1. **NO ONE** is allowed on **GYMNASTICS EQUIPMENT** (*unless given permission by a coach*)
2. **NO RUNNING** in the Gym (*unless given permission by a coach*)
3. **OUT OF BOUNDS AREAS** include **UNDER TRAMPOLINES, BEHIND ROCKWALL, OUTSIDE AREA** and **UPSTAIRS** (*unless given permission by a coach*)
4. Where possible, Gymnasts should be **PUNCTUAL** to class
5. **ALL LONG HAIR** must be **TIED BACK** neatly
6. No **JEWELLERY** to be worn by Gymnasts during class
7. No **EATING** in the Gym
8. **ALL INJURIES/ACCIDENTS** must be **REPORTED** to a coach
9. **POOR, DISRESPECTFUL BEHAVIOUR** will **NOT BE TOLERATED**
10. **GYMNASTS** must **RESPECT** coaches, fellow gymnasts and equipment at all times
11. Strictly **NO VIEWING** during class
12. Once enrolled for Term, **FEES** are **PAYABLE** whether Gymnasts **ATTEND** or **NOT**
13. If Gymnast pulls out mid Term, **FEES** will be **PAYABLE** until Club is **NOTIFIED**
14. **TERM FEES** are due by **START OF WK 2, PAYMENT PLANS** by 2nd last week of Term

**WE THANK YOU FOR YOUR COOPERATION WITH OUR RULES TO
ENSURE THINGS RUN AS SAFE AND SMOOTH AS POSSIBLE!**



CONTACT US

Our friendly team are always ready to help with any questions you may have.

Larissa Sethi – Proud Owner and Head Coach (Accredited Intermediate-Advanced Coach, Bachelor of Exercise and Sports Science)

Andrei Kravtsov – Accredited Advanced Silver Coach

Gemma Ferguson – Accredited Intermediate Gfa and Kgym Coach, Cert III in Sport and Recreation

Chloe Wallis – Assistant Coach

Kalani Scognamiglio – Assistant Coach

Oscar Scognamiglio - Assistant Coach

Claudia Skipper - Assistant Coach

Summer Inwards – Assistant Coach

Marley Wilson - Assistant Coach

Emily-Rose Wallis - Assistant Coach

All coaches over 18yrs have their Current Working With Children Check's and First Aid Certificates.



Email (Larissa): larissa@coregnf.com



Phone (Office): 0466 892 890

Please follow us on  Facebook and  Instagram [@core_gymnastics_and_fitness](https://www.instagram.com/@core_gymnastics_and_fitness)

Please navigate to our website for more information:

<https://coregnf.com/>

Please navigate to our booking website for online bookings:

<https://clients.mindbodyonline.com/classic/ws?studioID=5742535&stype=-2&subTab=info>

ADDRESS: You can find us in the Industrial Area of Batemans Bay. Please turn into the industrial area at the traffic lights and follow Cranbrook Road all the way down to the end. We are on the left hand side before Australia Post.

Core Gymnastics and Fitness PTY LTD
Unit 3, 62 – 64 Cranbrook Road,
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We are excited to have you as part of our Club for 2025. Please don't hesitate to contact Larissa on larissa@coregnf.com if you have any questions/queries/problems!