



# GYMNASTICS INFORMATION PACK 2026

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Thank you for choosing to enrol with Core Gymnastics and Fitness Pty Ltd where we provide quality instruction for those aged 1yr to older adults! You/your child will enjoy learning gymnastics skills and/or developing strength, balance, coordination, fitness and social skills in a safe and encouraging environment.

## **CLUB POLICIES, RULES, AND REGULATIONS**

Over the next few pages, you will see we have outlined our club rules and policies. We would appreciate it if you took the time to run through the club rules with your child before class starts (see sections 11-13). Most rules are self-explanatory; however, if you have any questions please feel free to ask.

### **1. DROPPING OFF / PICKING UP OF GYMNASTS**

It may not always be possible, but it is important that you/your child is on time to class so that they are able to participate in warm up exercises. We also ask that your child is picked up promptly after class so coaches can concentrate on delivering quality care to the next group. Your child will not be let out of the gym until a parent/guardian arrives to collect them. Please notify us if your child will be going home with someone else, or if they are walking/riding home.

### **2. DRESS REQUIREMENTS**

We have club leotards available for purchase and hope to offer a club uniform soon. However, as a recreational based club, we do not enforce a club uniform. Participants should wear clothing that they are comfortable and able to move in. Please 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.

Please remove shoes and place them in the shelving or under the benches provided in the hallway. Classes are performed in bare feet as socks will get lost in the foam pit and can be slippery on the floor/trampolines when tumbling. We ask for long hair to be tied back at all times and no jewellery/watches (they can easily get lost in the foam pit or can catch on clothing/equipment).

### **3. WHAT TO BRING**

Please bring a water bottle (you may use our tap for easy refills).

### **4. VIEWING POLICY**

We have a strict non-viewing policy. We enforce this policy to maximise safety by minimising distraction. On your child's first class you are welcome to stay for 10 minutes to see how the class runs, and to settle your gymnast in. We also invite you along to 'Viewing Week' (usually held in the second last week of term). This is where family/friends get to see what their gymnast/s have been up to throughout the term. We understand that sometimes you may be away for this class; however, please keep in mind that this is the only class that we have open viewing for.

### **5. FEES**

2026 Fees are based on a school term:

Term 1, 9wks: Monday 2<sup>nd</sup> February – Thursday 2<sup>nd</sup> April (closed Easter: Friday 3<sup>rd</sup> - Monday 6<sup>th</sup> April, and 25<sup>th</sup> April)

Term 2, 11wks: Monday 20<sup>th</sup> April – Sunday 5<sup>th</sup> July (we are closed Mon 8<sup>th</sup> June for the King's Birthday)

Term 3, 10wks: Monday 20<sup>th</sup> July – Sunday 27<sup>th</sup> September (we are closed Mon 5<sup>th</sup> October for Labour day)

Term 4, 10wks: Monday 12<sup>th</sup> October – Sunday 20<sup>th</sup> December

All gymnasts must pay the compulsory Gymnastics Australia registration fee per calendar year for insurance purposes. This is \$70 for Kindergym participants and \$80 for all other programs. This is reduced by \$10 if starting in term 4.

If starting after the initial 1<sup>st</sup> Week of Term, fees will be adjusted to suit remaining weeks. **Term fees are strictly due by the Gymnast's start date** either through our app, via cash, or direct deposit. Please see or contact the office if you need to arrange a payment plan.

## **6. HOW TO BOOK IN: MINDBODY WEBSITE**

You will be required to set up an account on our Mindbody booking [website](#), read the terms set out in this policy pack, and sign the club release and waiver of risk form. Once signed up, you will be able to manage your class bookings and make payments. You will also be able to self manage your bookings to cancel classes that you cannot attend and book into make-up classes. See attached instructions for further details.

## **7. ACTIVE KIDS VOUCHERS**

We are a registered Active and Creative Kids provider. The vouchers are a government initiative to help promote community-wide participation in sport. All students aged 4.5-18yrs currently enrolled in or going to be enrolled in K-Yr 12 at school or home-schooled are eligible to apply. With this, you can claim up to \$100 off fees each year (2x \$50 vouchers). Simply email your voucher to [larissa@coregnf.com](mailto:larissa@coregnf.com) along with your child's DOB to claim. The vouchers expire at the end of each year. Please then ask us for the discount code to be applied to your Mindbody membership. For further information on how to apply and claim your voucher, please visit <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

## **8. DISCOUNTS FOR MULTIPLE CHILDREN OR CLASSES**

We offer the following discounts off fees:

10% discount to a gymnast's 2<sup>nd</sup> class fees and 10% discount to sibling fees. This only applies for participants that have purchased a full membership, not casual or trial attendance. Please email us for the discount code to be applied to your Mindbody membership.

\*NOTE: Discounts always apply to the smaller of the class fees, then in ascending order\*

## 9. MISSED A CLASS DUE TO ILLNESS/INJURY/HOLIDAY?

We understand that sometimes your gymnast may be too sick/injured/unfit to perform gymnastics activities or will be away on school camp/holiday. As such, all gymnasts are entitled to up to two (2) make-up classes within the same term (this will not roll over to future terms). Please contact the office [larissa@coregnf.com](mailto:larissa@coregnf.com) to arrange make-up lessons. You will be able to book into any other available class of a similar age/ability. We hope this policy will provide you with the confidence to make the decision to take a day off gymnastics classes without the worry of losing a paid class.

### HOW TO BOOK A MAKE-UP CLASS:

On the Mindbody website, cancel the class you cannot attend, which will give you a credit to use on another class. Please find attached our current club timetable. Using the age guide, please select a suitable class for your gymnast and notify the office to arrange a make-up class date. The option to do a make-up with a slightly younger/older age group may be a possibility if nothing else is available (PLEASE CLEAR WITH OFFICE TO ASSESS SUITABILITY BEFORE BOOKING A DIFFERENT AGE GROUP).

### THINGS TO KNOW ABOUT MAKE-UP CLASSES:

- A make-up class must be organised with the office PRIOR to coming to the gym for the make-up lesson
- Make-up classes are only available to families who have paid their 2026 registration fee and gym fees in full, or have arranged a payment plan with at least one payment made before the make-up lesson.
- There will be no extra charge for the class
- Strictly no make-ups during Parents Week (usually the second last week of term)
- Strictly only two (2) make-up classes allowed per term per child
- **If you know your gymnast will be away for 3 or more weeks** of the term (due to injury, holiday, or other), please inform the office PRIOR and we may be able to take those weeks off total term fees. If you notify our office during/after your absence, full term fees may unfortunately be payable.

We thank you for your time reading through this policy, and we hope you take the opportunity given to you to make an informed decision next time your child is sick/injured. We do not wish to make your gymnast sicker trying to over-exert themselves with a cold, nor do we wish to place other gymnasts/coaches in danger of infection.

## 10. CASUAL or REDUCED ATTENDANCE (this policy is under review and may be amended in the future)

We understand that it may not always be possible to commit to a full term of classes; however, casual attendance can make lesson planning and staffing difficult to schedule. Please contact the office to go through your reduced attendance options. On an individually assessed basis, we may offer fortnightly or casual attendance at an increased class rate. Please first advise the office, then you may select on the website calendar the sessions you wish to attend. The following fortnightly/casual class charges will apply:

BabyGym - \$22/class | Kindergym - \$27.50/class | 1hr Recreation - \$33/class | 1hr Adults - \$27.50 or \$33/casual class

## 11. CANCELLATIONS/REFUNDS (this policy is under review and may be amended in the future)

We may offer refunds with the provision of a current Doctor Certificate for the inclusive dates indicated. Otherwise, no refund will be provided if your gymnast misses class due to sickness/injury/holiday/other (please refer to section 8 for our make-up class policy). Cancellations or change of mind will be refunded less a 2-week cancellation fee.

Registration/insurance fees will not be refunded under any circumstance.

Core Gymnastics and Fitness Pty Ltd reserves the right to cancel classes in the rare event that emergency circumstances arise (for example, extreme weather 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.

## 12. 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 the child and explain the breach.
- 3) 3-minute timeout with fourth and final warning – Staff to counsel the child and explain the breach.
- 4) If a gymnast is given a 5<sup>th</sup> 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.

**Positive behaviours** (working hard, helping or encouraging others, and trying new skills) will be rewarded with the opportunity to receive a “smiley face” on the whiteboard. 5x smiley faces will earn the gymnast a certificate and their name will enter a draw for the end of term prize. The prize will be 3hrs of free play for themselves and a friend.

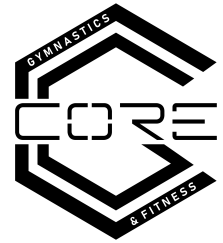
## 13. CODE OF BEHAVIOUR

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.

## 14. CLUB RULES

# CLUB RULES



1. **NO ONE** is allowed on **GYMNASTICS EQUIPMENT** (*unless given permission by a coach*). This includes no free play before class.
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 other than **PARENTS WEEK**
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** (a 2-week cancellation fee applies)
14. **TERM FEES** are due by **START OF WK 2, PAYMENT PLANS** by 2nd last week of Term

# FOAM PIT RULES

Our gymnastics facility now has the exciting new foam pit extension 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. **WAIT** to receive instruction from a coach before entering foam pit or trampolines
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 or 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

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

## 15. CLASS DESCRIPTIONS (WHAT DO OUR CLASSES INVOLVE?):

### Gymnastics For All (GFA)!

Gymnastics is a sport for everybody to develop amazing skills while getting strong and flexible in fun and challenging ways. It is a sport for life with something for all ages and all abilities. We offer classes from 2yrs to older adults.

Members are initially grouped into classes according to age. All classes are recreational based which means that no member requires previous gymnastics experience; however, everyone will be coached according to skill level.

Please head to our Mindbody app to see our timetable and book in for a trial class that suits you/your child. Your first class will only cost the single class fee, after this initial trial, you will then need to purchase a term pack and compulsory yearly Gymnastics Australia registration/insurance fee.

#### 15.1 BABYGYM (1-2yrs) 40 min duration. **Requires a carer to be involved.**

**BabyGym** is our movement program for children aged 1-2yrs at walking age. Parents or carers are required to move around the circuits with their child to support their learning and to have fun together! Accredited coaches will help parents guide their little one through activities, equipment and circuits that aim to assist fine and gross motor development, co-ordination, balance, flexibility, strength as well as improving social skills, confidence and self-esteem. Circuits include elements of swinging, balancing, jumping, rolling, twisting, grabbing, kicking, and locomotion and more!

#### 15.2 KINDERGYM (2-5yrs) 45 min duration. **Requires a carer to be involved.**

**Kindergym** is our movement program for children aged 2-5yrs not yet at primary school. The program will be guided by an Accredited Coach to ensure that the lesson set-ups are safe and stimulating. Parents or carers are required to move around the circuits with their child to support their learning and to have fun together!

Kindergym assists in fine and gross motor development, coordination, balance, flexibility, strength as well as improving social skills, confidence and self-esteem. Educational research tells us that children learn best through exploring and discovering their abilities through physical activity. Our Kindergym program ensures that young children can experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies.

#### Siblings in Kindergym?

We love being able to offer a fun, safe space for kids to move and learn and understand that you may have a younger sibling not yet old enough to participate. Please understand that your Kindergym participant requires your full attention throughout the class, but we'd still love to have younger siblings along to join in the fun! If you do have a sibling of 'mobile age' moving around circuits but not yet old enough to participate, they will be required to have the insurance/registration fee paid to ensure they are covered in case of accident/injury. Where possible, we encourage you to bring along another carer to help assist the younger child around. Any children who are not yet 'mobile' are welcome to be carried around with you or to sit in a designated area throughout class (e.g. in a pram); however, please understand that if you need to attend to your younger child you will be required to stop the current activity with your Kindergym participant for safety purposes. In saying that, our coaching staff (and many other parents) are very helpful and more than happy to watch a child if you need to tend to a sibling (:

#### 15.3 JUNIOR GYM (4-5yrs, pre-school age) 45 min duration. **Carer may stay to watch or drop-off and leave**

**Junior Gym** offers a bridge between our parent-dependent Kindergym classes and our independent recreational classes. Parents are welcome to stay to watch the class from our viewing area, or may drop off and return later (please consider your child's readiness for this - toilet trained, emotional maturity, etc). Gymnasts will work on putting their gross motor actions into more refined skills, working on floor, beam, bars and trampoline. Focus on rolls, handstand, cartwheels and developing body shaping and aerial awareness ready for larger skills. Junior Gym is an excellent way to develop fine and gross motor skills, coordination, balance, flexibility, strength as well as improving social skills, confidence and self-esteem ready for the school environment and future sport endeavours.

#### **15.4 RECREATION (5yrs+) 1hr duration. Non-parent viewing (see section 4).**

Our recreation classes look to develop skills on floor, trampolines, bars, beams, rings, and vault. Children are placed in classes generally by age and gender. These classes run after school Monday to Friday and on a Saturday morning and are designed to promote strength, flexibility, endurance, confidence, fitness, social interaction and FUN! Additionally, games, relays and the use of hand apparatus such as balls and hoops add to the variety and fun of these classes and develop fundamental skills translatable across a variety of sports.

Other equipment available to all ages and groups includes a long tumble trampoline into the foam pit, a bouldering wall, mini Ninja Warrior course, cargo net, circus silks, ropes, inflatable jumping/tumbling mat and more!!

#### **15.5 RecPLUS (7yrs+) 1.5 hr duration. Enrolment via Invitation only.**

A RecPLUS class is selective only based on factors such as ability, commitment and drive. It can be very beneficial for gymnasts to work alongside others of similar ability, with a passion and drive to achieve more. This may help to increase skills, strength and flexibility at a faster rate.

RecAdvanced gymnasts may compete in 1-2 in-house competitions per year. We hope to offer this in the second half of 2024 when classes are more established. Gymnasts will work on developing skills and strength before developing skill sequences and complete routines ready for friendly competition. RecAdvanced gymnasts may also have the opportunity to participate in community displays throughout the year as well.

It is important to understand that selection into a RecPLUS class is considered a privilege. There is a certain expectation that gymnasts work hard within the class to develop skills, with minimal distraction within the class. With this, if we notice a gymnast is no longer showing the high level of commitment required to improve skills, flexibility and/or strength, we may see it best if they return to a recreation class, where the focus shifts to learning skills in a slightly more relaxed environment. We hope you understand this is not a reflection on loss of interest in the sport. We find that every gymnast has a different goal/outcome they wish to achieve, and we work to find what class suits them best to achieve this.

#### **15.6 ADULT GYMNASTICS (16yrs+) 1hr Duration**

We offer both structured classes or supervised free play options where you get to utilise the gym however you see fit. Our structured classes are tailored to what individuals wish to get out of the class, no matter their ability. Excellent training for improving overall health and fitness, muscular strength and endurance, bone health, flexibility, and developing new skills. For complete beginners looking for some fitness or to learn new basic skills, or the adventurous looking to learn more advanced skills. Classes will be taught by professional coaches, so please let us know what goals or skills you wish to achieve and we can help tailor your training to achieve those goals.

We also have the added bonus of being able to make fitness fun utilising our gymnastics equipment such as sprung floor, beam, bars, trampolines and foam pit! With this equipment our coaches can help you achieve basic to more advanced skills from cartwheels and handstands to front somersaults, round-offs, handsprings and back tumbling. The limit is up to you.

Take advantage of our “supervised free play” options where you will be run through a warm-up and some basic skills before having free reign on whatever equipment you want. Ask our coaches for anything specific you would like help with, or just bring along some friends to have a play!

#### **15.7 AERIAL CIRCUS (8-12yrs & Teen+ options) 1hr Duration**

In this class, you'll dive into the exciting world of aerial circus, where you'll learn to move through the air using incredible apparatus like the Lyra (aerial hoop), Silks, and Trapeze. Along the way, you'll build strength, confidence, and creativity as you put together and learn your own short routines. Whether you're spinning, climbing, or striking a pose mid-air, every class is a chance to feel like a true circus star!

### **15.8 WEEKEND and SUPERVISED FREE PLAY GYM (1yr to adults) 1-3hr options.**

We have heard so many people say they wish there was more for the kids/adults to do in Batemans Bay. Taking those suggestions on board, we are now offering supervised free play sessions to utilise the gym like the local playground (ever been to Flip Out before?!). To maximise safety, we have split up sessions according to age groups. Please see our timetable for options available for 1yrs to adults. Coaches will be available for minimal assistance if you are wanting help on any specific skills but will primarily be there to observe and ensure the safety of all participants.

### **15.9 PRIVATE CLASSES (2yrs to older adults) 30min/45min/60min options**

We offer private one-on-one or group sessions for more individualised and direct coaching/fitness training to help you achieve your goals faster. Book in with any one of our qualified coaches by emailing the club or select a session through our Mindbody app. Private classes may be held during other class times (you will work with your private coach around the other groups in the gym) or you may be lucky enough to find a time where you get the whole gym to yourself.

## **16. OUR TEAM**



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

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

Gemma Ferguson – Accredited Intermediate Coach (Kindergym and GFA), Cert III in Sport and Recreation

Andrei Kravtsov - Accredited Advanced Silver MAG, GfA and Kindergym coach.

Chloe Wallis – Assistant Coach

Marley Tan Wilson - Assistant Coach

Emily-Rose Wallis - Junior Coach

Olive Lloyd - Junior Coach

Ava Rixon - Junior Coach

Claudia Skipper - Assistant Coach

Bree Boucher - Aerial Circus Instructor

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

## 17. CONTACT US



Email (Larissa): [larissa@coregnf.com](mailto:larissa@coregnf.com)



Phone (Office): 0466 892 890

Website: [www.coregnf.com](http://www.coregnf.com)

Please follow us:



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[@core\\_gymnastics\\_and\\_fitness](https://www.instagram.com/core_gymnastics_and_fitness)

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 the Australia Post depot.

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