

### Club Structure and Pathways

Our club's program provides a seamless pathway through to any level of gymnastics participation. Our pathways ensure our members can remain in our programs for a lifetime if so desired. Our programs STEPs are colour coded to allow easy reference. All students (Steps 1-6) receive STEP reports each term indicating skills achievements and improvements.

PROGRAM Steps	Under 5s	Non-competitive STEPS 1-2-3	Non-competitive STEPS 2-3-4-5-6	Competitive Levels (STEPS 5-10)
Under 5s	To 3 years old	6-7 years	7 years plus	7 years plus • Women's artistic gymnastics
Under 5s	3 years old	8 years plus	• School classes	
Under 5s	4 years old	• Introductory classes	• Adult classes	
STEP 1	4-5 years old - Preps	• Schools classes	• Team gym	
STEP 2		Green Award	• Tumbling	
STEP 3		Blue Award	• Gym Fit for boys and girls	
STEP 4		Red Award		
STEP 5			Bronze Award	
STEP 6			Silver Award	
STEP 7			Gold Award	
STEP 8			Levels 1-2-3-4 Awards	Level 2
STEP 9			Life-long participation programs	Level 3
STEP 10				Level 4
				Level 5
				Level 6
				Levels 7-10

### What are the Non-competitive program STEP classes?

STEP class	Class Description
<b>STEP 1</b> (4-5 yrs) 1 per wk	A beginner class for young members (4-5 years – prep) without any gymnastics experience. Classes are 60mins long, held one day per week. Classes focus on basic tumbling & vaulting, conditioning and climbing.
<b>STEP 2</b> (6-7 yrs+) 1 per wk	A beginner class for 6-7 yrs plus (any age above), or for young members (6yrs+) with some experience (passed STEP 1). Classes are 60mins long and held once per week. Classes focus on basic tumbling & vaulting, and basic conditioning & climbing.
<b>STEP 3</b> (7yrs +) 1 per wk	A class for members who have completed STEPs 1 & 2, or for experienced older students. Classes are 90 mins long and held once per week. Classes focus on basic tumbling, vaulting, bars skills, balance beam skills and conditioning & climbing.
<b>STEP 4</b> 1 class per wk (min.age = 6 yrs)	A class for members who have completed STEPs 2 & 3, or for experienced older students. Classes are 2 hours and held once per week. Classes focus on conditioning, climbing, intermediate tumbling & vaulting (introduction of flight & walkovers).
<b>STEP 5</b> 2 classes per wk	A class for members who have completed STEPs 3 & 4, or gymnasts with a National Level 1 badge. Classes are 2 hours long and held twice per week. Classes focus on intermediate conditioning, intermediate tumbling & vaulting. (handsprings–walkovers), introductory Balance Beam.
<b>STEP 6</b> 2 classes per wk	A class for members who have completed STEP 5 or gymnasts with a National Level 2 badge. Classes are 2-3 hours long and held twice per week. Classes focus on intermediate conditioning, intermediate tumbling & vaulting. (handsprings–saltos), Balance Beam, Uneven Bars. Introductory competitive experience occurs at Step 6, with our Step 6 (WAG Level 3) gymnasts eligible to compete in local/invitation events.

# YMCA OF BRISBANE

## Victoria Point Gymnastics Handbook

### How do you pick a STEP class OR move up to a STEP class?

<b>Start STEP 1</b> (4-5 yrs) 1 per week	<ul style="list-style-type: none"> <li>You are a beginner gymnast aged 4-5 years</li> </ul>
<b>Go to STEP 2</b> (6-7 yr+) 1 per week	<ul style="list-style-type: none"> <li>You are a beginner gymnasts aged 6-7 years plus, OR</li> <li>If you have completed STEP 1</li> </ul>
<b>Go to STEP 3</b> (7yrs +) 1 per week	<ul style="list-style-type: none"> <li>You have completed STEP 2, OR</li> <li>You have previous gymnastics experience to National Level 1</li> </ul>
<b>Go to STEP 4</b> 1 class per week	<ul style="list-style-type: none"> <li>You have completed STEP 3 and are at least 6 years old, OR</li> <li>You have previous gymnastics experience to National Level 1-2</li> </ul>
<b>Go to STEP 5</b> 2 classes per week	<ul style="list-style-type: none"> <li>You have completed STEP 4, OR</li> <li>You have previous gymnastics experience to National Level 2</li> </ul>
<b>Go to STEP 6</b> 3 classes per week	<ul style="list-style-type: none"> <li>You have completed STEP 5, OR</li> <li>You have previous gymnastics experience to National Level 2-3</li> </ul>

### What are the competitive TEAM classes?

Our competitive teams programs provide an opportunity for members, who wish to train, perform and compete in the **Australian National Levels (Level 3-10)** at local, regional, state, national, and international tour events.

Classes provided for Women's competitive gymnastics. Training hours are increased progressively as members move up the competitive levels, and these classes are highly subsidised by the entire club program. As such, class attendance is a privilege and carries with it many benefits and responsibilities.

Class Level (STEP 7-10)	Class Description
<b>Girls Team - Level 3</b> 3 classes per week ( 7 hours)	Gymnasts who meet the competitive team membership criteria (see below) have the privilege of training for competitive performance. Girls in this Team attend three classes per week. They compete a designated schedule of local and regional competition in National Levels 3. Many club social activities are also included.
<b>Girls Team- Level 4-10</b> 4 - 5 classes per week (12 - 20 hours)	Gymnasts who meet the competitive team membership criteria (see below) have the privilege of training for competitive performance. Girls in this Team attend a minimum of four classes per week. They compete a designated schedule of local, regional, state, national and tour competitions in National Levels 4-10. Many club social activities are also included.

### How do you gain entry to a TEAM classes OR move up to a TEAM class?

<b>Girls Team - Level 3</b> 3 classes per week (7 hours)	<ul style="list-style-type: none"> <li>You are 7yrs+ of age, and have completed STEP 5, OR</li> <li>You have passed National Level 2, AND</li> <li>You are currently competing WAG Level 3</li> </ul>
<b>Girls Team- Level 4-10</b> 4 - 5 classes per week (12 - 20 hours)	<ul style="list-style-type: none"> <li>You are 8yrs+ of age, and have completed STEP 6, OR</li> <li>You have passed National Level 3 AND</li> <li>You are currently competing WAG Level 4-10</li> </ul>

### What are the Cross-sport classes and Adult Gymnastic fitness classes?

Gymnastics training is a highly effective vehicle for fitness development for other sports and performance arts. It is ideal for dancers, athletes and cross-sport participants. Gymnastics participation is also a wonderful life-time fitness activity for any person. The variety of activities and “fields of play” are broad and ideal for adults from teens to seniors.

Class	Class Description
<b>Adult Gymnastics</b>	These classes are for beginner or experienced adult members who wish to benefit from the fitness developed through gymnastics classes.
<b>Team Gym</b>	Team Gym is for teams of between 6 and 12 gymnasts over three apparatus: floor, tumbling and mini tramp. While it is a team event, the competition structure allows for individual expertise to shine. Team Gym is a great program for gymnasts to maintain fitness and skills while training and performing with their friends.
<b>Tumbling</b>	A structured gymnastic class focussing on the learning of Acrobatic and Tumbling skills. Three sequenced classes are offered to cater for a wide range of ability for boys and girls.
<b>Gym Fit for Boys (primary and early secondary) Gym Fit for Girls (late primary and secondary)</b>	These classes are for beginner and/or more experienced primary/early secondary boys; and late primary/secondary girls who wish to benefit from the unique fitness development skill learning that participating in gymnastics can offer.

### Child Protection

The YMCA regards its role in the protection of children in their care as of the utmost importance. The YMCA has a range of policies and procedures to keep children and young people safe. Details of these policies are available at [www.brisbaneymca.org](http://www.brisbaneymca.org). Please take the time to read these policies to better understand our guiding principles and how you can report child safety concerns that you may have. Your feedback is always appreciated.

The YMCA has a moral and legal duty to care for children associated with the service whilst not in the care of their parents/guardians or primary carers. Proactive strategies are implemented including the promotion of protective behaviours for children.

All staff hold a blue card to work with children and have been made aware of and trained in the Safeguarding Children and Young People Policy of the YMCA of Brisbane.