

FEES - The club's schedule of fees is as follows:

Preschool \$60 per TenTrip Card; 5 year olds \$140 per half year

All other recreational sessions \$160 per half year

TeamGym \$105 per half year
+ \$45 costuming - payable in Term 1
+ \$140 competition entry fees - payable in Term 3

There is a 50% discount for third and subsequent children, which applies to the lowest fees. If you pay the full year fees on or before 7th of February you will receive a discount of \$10 per gymnast. This discount does not apply to gymnasts utilising a Ten Trip Card.

Fee relief is available to people offering **regular** assistance with coaching, cleaning or setting up of equipment on Mondays, Wednesdays and Thursdays.

First half year fees must be paid on or before enrolment, and second half year fees are due before Term 3. **Our preferred choice for payment of fees is by direct credit to ANZ Bank 06-0592-0019628-00.**

Please ensure that your child's name is inserted as a reference, so that we can apply the payment to the correct enrolment. An email to waikanaegym@gmail.com advising that the payment has been made would also assist us.

Please do not bring fees to the gym on any other day. Our coaches' priority is coaching, and therefore we ask that no money be handed to them.

Any families experiencing difficulty with payment of fees or unable to pay on time, please contact our Administrator at waikanaegym@gmail.com

WAITING LIST

Children wishing to put their names on the waiting list should contact our Administrator at waikanaegym@gmail.com



We welcome new and returning gymnasts and parents to the gym in 2024, and we hope that you find our fitness and gymnastics programme a rewarding experience.

PLEASE KEEP THIS BOOKLET FOR FUTURE REFERENCE

HISTORY and OPEN DAY - The Waikanae Gymnastic Club was formed on 1 May 1984, with the first club day held on Monday 23 July 1984. The club is affiliated to the national body, Gymnastics New Zealand.

MISSION STATEMENT - To provide an inclusive programme that:

- enables gymnastics to be an enjoyable experience for everyone, regardless of their age, gender or ability
- improves fitness, coordination and confidence, and
- develops the potential of our gymnasts.

CLUB DAYS - The first club day for this year will be Monday 19th February, and sessions are held during school terms on Mondays, Wednesdays and Thursdays (except for the first week of each term, which is set aside for coach training). Children will be notified regarding which session they have been placed in by Monday, 12th February. If you have not heard from anyone by this date, please contact our Administrator at waikanaegym@gmail.com. Offers of assistance with the setting up and putting away of equipment before and after sessions are always appreciated.

DATES FOR YOUR DIARY

Term 1	19th Feb - 12th Apr	Easter Monday 1st April (no gym)
Term 2	29th Apr -5th July	King's Birthday 3rd June (no gym)
Term 3	22nd July - 27th Sep	Gym For All Apparatus Competition 22nd Sept
Term 4	14th Oct - 28th Nov	Labour Day 28th October (no gym) TeamGym Competition - 3rd November Open Day & Prizegiving - 24th November

DRESS FOR CLUB NIGHTS

All children must come into the gym with bare feet and suitably dressed in leotards or tee shirts and shorts/trackpants. Please do not let your children wear jeans or baggy clothing.

Clothing with zips and buckles, etc can damage our very expensive equipment, and children who are not suitably dressed are restricted physically in their activities and risk injury. Long hair must be tied back, and no watches, jewellery or fancy hair slides, etc are to be worn. We have Club T-Shirts and Hoodies available and you can email an order through to Annette Smith at kapitiacoastflorist@xtra.co.nz.

CONTACT COACHES

Our senior coaches are all qualified and experienced New Zealand Gymnastics registered coaches, and all give their time voluntarily:

Kay Brown	298 7290	Nathania Pearson	021 2125018
Janet Weber	293 2411	Tara Fitzgerald	027 2937389
Molly Cutting	021 02587346	Annette Smith	027 2401816

We are fortunate to have coaches who have given up their time to attend Gymnastics New Zealand courses, but we always need more parents or interested people who would be willing to assist with coaching. Mentor support and ongoing training are provided throughout the year, so don't let a lack of experience deter you – most of us have been in that situation once too! Children of parents who assist at gym every week may qualify for a reduction in fees.

If ever there is anything concerning you or your child, please do not hesitate to phone one of our senior coaches. All are qualified Gymnastics New Zealand and registered coaches. We want our members to be happy and enjoy our programme, but sometimes very little things can become big worries for small children, and we cannot address problems if we are unaware of them.

Please contact one of our senior coaches if you or your child are concerned about any aspect of your child's session (contact coach phone numbers are listed on the noticeboard). Alternatively, if you feel your session coach cannot help you, please phone a member of our coaching forum – Kay Brown or the President (see noticeboard for current incumbents).

ATTENDANCE

If any child is unable to attend their session, please let their coach know. We expect when children join in February that they will remain members for the full year. Therefore, if any child wishes to finish mid-year, please notify the club before the holidays to enable us to take someone from the waiting list.

PUNCTUALITY

We ask parents to please encourage their children to always be at the gym in time for the beginning of their session. Coaches put a lot of time and effort into planning sessions, which always begin with a group warm-up activity. Children arriving late may miss the roll being called and can disrupt the whole class, getting themselves off to a less than ideal start, as they do not know what they are meant to be doing.

SAFETY

Our Safeguarding Children Leads are Nathania Ellis and Leigh Gowans.

We ask for parent/caregiver support in helping to maintain discipline:

- No children are to arrive more than ten minutes before a session unless they are supervised by their parent or guardian.

- Prior to the commencement of a session we ask that all children sit quietly at the side of the hall, and remain with the class at the end of the session to receive notices.
- Children are not to play on equipment prior to a session, during the warm-up or at any time when the equipment is not supervised.
- Balls are only to be used as part of a supervised activity within a session, and are not to be taken out of the hall.
- No running in the hall, except as part of an activity.
- The upstairs area of the hall (mezzanine floor) is out of bounds to everyone.
- Only the toilets opposite the entrance to the main hall are to be used, where reasonable supervision is available.

These restrictions need to be enforced for the safety of your child.

- Food is not to be consumed in the foyer. Children may only eat while seated at the side of the hall. Chewing gum is BANNED anywhere inside the building.
- Please encourage their children to be tidy and place all rubbish in the bins supplied, as the hall must be left clean and tidy at the conclusion of the final session.

We do not provide supervision outside the hall, and ask parents'/caregivers' assistance in supervising the arrival and collection of children at the gym. We suggest that children are collected from inside the building at the end of each session.

XTND PROGRAMME - College students are able to join the Gymnastics New Zealand Junior Coach and Leadership Programme, known as XTND. Students attend six modular courses taken over a minimum of two years, while at the same time assisting with coaching in our club. For further information, please contact Kay Brown on 298 7290.

BADGE WORK - All school age children have the opportunity to do badge work during the year. All primary school children work towards GymFun and Incentive Badges.

POLICIES

A copy of the club's policy booklet is on the noticeboard and on our website.

