

J'ADORE

C A L I S T H E N I C S



CLUB HANDBOOK

2025



PEOPLE. PASSION. PERFORMANCE.



Our opening chapter...

J'adore opened in 2014 by Principal Coach, Jacinta Hardy. Jacinta wanted to create a family-friendly Club that created a sense of belonging to everyone involved.

In its first year, J'adore had 38 pupils and only 3 sections. 10 years later J'adore has over 100 pupils! All our sections have celebrated State Title success in our short history.

J'adore welcomes and encourages new members to come along for a free trial class to try Calisthenics. It is a wonderful sport that creates long lasting friendships, but importantly builds confidence, leadership, sportsmanship as well as many performing opportunities throughout the year.

It's important to us that every member, past and present, always feels a connection to J'adore, as each member plays an important part in contributing to our Club culture and Club success.

Our passionate coaching team work hard to create a fun learning environment that has a focus on providing a safe, nurturing environment with passion for brilliance.

We love our sport, and we LOVE our Club!

- Jacinta



Our Mission

We believe that it doesn't matter where or when you start your Calisthenics journey, the love for Calisthenics should always continue to grow.

J'adore Calisthenics aims to create an environment which nurtures, inspires and encourages individuals to explore and share the love for Calisthenics in a safe, friendly and welcoming environment.

Our Values

Our People are what makes us the Club we are and the Culture that we have. We believe our best performance on stage is when our people feel seen and valued as individuals and contribute team success.

Our Passion is the driving factor for our purpose. Our passion to perform, inspire and be the best versions of ourselves, ultimately leading to a united, committed team.

We're here to Perform. Calisthenics provides us with a creative and competitive outlet. The stage is where we showcase our commitment to our people, our passion and our Team Purple spirit.

YOUR SECTION SUMMARY



All our sections are competitive, however recreational participation is welcome – please indicate on your registration form and inform your Coach. As this is a team sport, weekly attendance is important and Competition attendance is expected. Please inform your Coach if there is any concern.

TINIES 7 Years and under	<p>Tinies focus and develop basic Calisthenics skill set, independence, confidence and listening skills. Our tinies compete in competitions.</p> <p>Tinies Silver have Class every Tuesday afternoon and learn 4 routines. Tinies Purple have Class every Saturday morning and learn 4 routines.</p>
SUB JUNIORS 10 Years and under	<p>Subbies increase skill set + incorporate more flexibility + technique training whilst learning importance of teamwork and self-confidence. Subbies compete in 3 local competitions.</p> <p>Subbies have Class every Tuesday afternoon and learn 6 routines.</p>
JUNIORS 13 Years and under	<p>Juniors further technique training and intricate skill development whilst developing sense of ownership, positive mindset and respect. Juniors compete in 4 local competitions.</p> <p>Juniors have Class every Monday afternoon and learn 6 routines.</p>
INTERMEDIATES 17 Years and under	<p>Inters expand skill set and technique training whilst learning the importance of dedication, resilience and positive mindset. Inters compete in 3 local competitions + Ballarat.</p> <p>Inters have Class every Monday afternoon and learn 6 routines.</p>
SENIORS 18 Years and over	<p>Seniors expand knowledge and apply skillset and technique whilst delivering an expectation of commitment, dedication, hard work and resilience. Seniors compete in 4 local competitions + Ballarat.</p> <p>Seniors have Class every Tuesday night and learn 6 routines.</p>
MASTERS 26 Years +	<p>Masters apply skillset and continues to develop skill set through a diverse team. Masters provides opportunity for personal growth through resilience, confidence and acceptance. Masters compete in 4 local competitions.</p> <p>Masters Purple have Class on Monday nights, with Masters Silver having Class on Wednesday nights, with both learning 6 routines.</p>

All Members adhere to Club policies at the time of registering with the Club

CLASS WEAR, COSTUMES, UNIFORM

Pupils are encouraged to wear black leotards with leggings, tights or shorts. Leotards can be purchased from all dance stores, KMart, Target and Best n Less.

Correct class wear is important as it allows us to safely perform as well as help correct technique.

Hair should always be tied back for classes.



No sewing of costumes is required for our younger sections. J'adore has an extensive costume wardrobe and organise costumes for all pupils.

We welcome and appreciate assistance from parents or grandparents who may be able to help assist with some small alterations to our costumes.

Seniors and Masters will generally have some alterations required for costumes.

Costumes are integral to our team performance and must be stored for competition use only.

J'adore has a competition jacket which is required by all pupils doing competitions.

The Club jacket is worn with black dance pants or plain black pants and any plain black shoes. J'adore polos are also available and are optional (exception for Seniors and Masters). We arrange uniform orders at the start of Term 2 and sell some second-hand uniform when available. Additional Merchandise is also available.



2025 FEES



Section	Instalments	Due Date - 30th of	Total Club Fees
Tinies	\$120 x 3 Instalments \$90 Competition Levy	February, June, September	\$450
Sub Juniors	\$140 x 3 Instalments \$165 Competition Levy	February, June, September	\$585
Juniors	\$150 x 3 Instalments \$210 Competition Levy	February, June, September	\$660
Intermediates	\$160 x 3 Instalments \$210 Competition Levy	February, June, September	\$690
Seniors	\$175 x 3 Instalments \$250 Competition Levy	February, June, September	\$775
Masters	\$160 x 3 Instalments \$210 Competition Levy	February, June, September	\$690

Competition levy must be paid by 1st April 2025. Failure to do so will result in the member becoming recreational and notice will be given to the Coach to accommodate appropriately for routines. All fees are non-refundable.

What's not included in the term fees?

- CV Registration Annual Fee- Payable to CV \$97.00
- Club Uniform
- Make up
- Camp (Only applicable for Inters & Seniors)
- Ballarat expenses (Only applicable for Inters, Seniors and Masters)
- Tickets to performance for audience members - Competitions and Concert

Our payment policy can be found via our website and is part of our enrolment application.

2025 CLASS INFORMATION

LOCATION

- Classes are held at St Pauls Boronia or Regency Park PS

PRE-REGISTRATION

- All pupils must fill out an EOI prior to attending class

CLASS ATTIRE

- Pupils to attend class wearing Black leotard/Leggings or tights.
- Hair off face
- Drink bottle



SECTION	TERM 1 START DATE	CLASS TIME	HEAD COACH
TINIES – SILVER 7 Years and under	Tuesday, 11th February	4:30 – 5:30	Gemma
TINIES – PURPLE 7 Years and under	Saturday, 8th February	9:00 – 10:30	Victoria
SUB JUNIORS 10 Years and under	Tuesday, 4th February	4:45 – 6:45	Victoria
JUNIORS 13 Years and under	Monday, 3rd February	5:00 – 7:30	Bre
INTERMEDIATES 17 Years and under	Monday, 3rd February	6:00 – 8:30	Alex
SENIORS 18 Years and over	Tuesday, 28th January	7:00 – 10:00	Jacinta & Meg
MASTERS – PURPLE 26 Years +	Monday, 3rd February	7:30 – 9:30	Jacinta
MASTERS – SILVER 26 Years +	Wednesday, 5th February	7:30 – 9:30	Meg



J'ADORE

CALISTHENICS

FOR THE LOVE OF CALISTHENICS

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