

# GLITZ GYMNASTICS ACADEMY

## RECREATIONAL HANDBOOK



**Recreational Gymnastics and  
Kindergym classes for all ages and  
abilities**

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# Policies

Scan this QR code to read over our policies at  
Glitz Gymnastics Academy



# CHILD SAFE STATEMENT

Glitz Gymnastics Academy is a child safe organisation. We are determined to protect the safety, wellbeing and empowerment of all children within our club, including indigenous children, those from culturally and linguistic backgrounds and children and adults with disability.

Glitz Gymnastics Academy have a zero-tolerance approach to any form of child abuse.

We understand that as well as having the correct policies and procedures in place, to keep children safe, it requires careful actions and mindfulness when building a secure environment for all participants. With this, all staff, administrators, volunteers, parents and participants will be aware of the responsibilities they hold within the centre in promoting a safe environment.

As a club, we strive to educate all members and employees about child safety and introduce proactive behaviours to protect children from harm. We endeavour to ensure all members feel safe and secure when reporting inappropriate behaviour, with the confidence any matters will be dealt with appropriately and with haste. By working with the community, we can provide an environment where children are encouraged to reach their full potential.

# WHAT IS GYMNASTICS?

**Gymnastics puts together agility, flexibility and artistry to perform skills and routines across the four apparatus. Our program is based on Women's Artistic Gymnastics (WAG) and open for everyone to participate.**

## **Benefits of gymnastics**

- **Co-ordination and agility**
- **Helps with posture and confidence in body movements**
- **Build's on self confidence**
- **Increase strength and flexibility**
- **Creates healthy minds and bodies**

### **BEAM**

encourages students to work on their balance and body movements

### **FLOOR**

students learn how to move their body working on strength and flexibility

### **BARS**

develops upper body strength, core work and improves grip strength

### **VAULT**

learning the correct way to land, move the body and hold your body weight

# TIMETABLE

The Glitz time table for Lilydale and Healesville are on. our website. This will give you a guide of classes we offer.

To confirm what classes are available you can search through the iclass pro customer portal. If a spot is available it will say **OPEN**. If no spot is available it will say **WAITLIST**. You can then request to join the waitlist.

# GLITZ

## WAG CLASSES

### LILYDALE

LEVEL 0  
1 HOUR CLASS

LEVEL 1  
1.5 HOUR CLASS

LEVEL 2  
2 HOUR CLASS

LEVEL 3  
2.5 HOUR CLASS

LEVEL 4  
3 HOUR CLASS

LEVEL 5  
4 HOUR CLASS

### HEALESVILLE

LEVEL 0  
1 HOUR CLASS

LEVEL 1  
1 HOUR CLASS

LEVEL 2  
1.5 HOUR CLASS

LEVEL 3  
2 HOUR CLASS

LEVEL 4  
2 HOUR CLASS

# GLITZ

FREEG, TUMBLING & OTHER  
CLASSES

LILYDALE

FREE G BLUE  
1 HOUR CLASS

FREE G RED  
1 HOUR CLASS

TUMBLING CLASSES  
BEGINNER  
INTERMIDATE  
ADVANCED

ADULT CLASS  
OVER 55'S CLASS



# GLITZ

## KINDERGYM

### LILYDALE & HEALESVILLE

4 - 5 YEAR OLD  
1 HOUR CLASS

18MTHS - 3 YEAR OLD  
1 HOUR CLASS

BABY & ME  
30 MIN CLASS



# MEET THE *Team*

## OWNER



## ADMIN



## IN SCHOOL

### HEAD HV COACH



### PROGRAM LEADER



### HEAD LD COACH



# iCLASS PRO

This is our customer portal where parents are able to book trials, enroll into classes, make party bookings, mark absences, book make up classes and even pay fees.



<https://app.iclasspro.com/portal/glitz>

Scan this code or follow the link to create an account and get started with Glitz through the easy iClassPro Customer Portal

# Web shop!



**Follow the link to  
purchase your Glitz  
Merch**

**[HTTPS://WWW.DEADSETMERCH.COM.AU/COLLECTIONS/GLITZ-  
GYMNASTICS](https://www.deadsetmerch.com.au/collections/glitz-gymnastics)**