

Gymnastics provides a great foundation for ALL sports. Gymnastics develops strength, flexibility, balance, agility and coordination...all skills needed for sports like hockey, basketball, volleyball and football.

It's an indoor sport so you don't need to wait for the weather to warm up or cool down. Plus, you can participate in your "off" season from other sports to build strength and coordination.

Enrol HERE: <https://impactgymsport.co.nz/register>

### **Yellow 1 hour:**

Fun and challenging circuit style gymnastic classes using beam, bar, vault and floor to work on strength, balance, coordination & flexibility. Gymnasts work towards GymSport New Zealand's Gym Fun Badges.

### **Red & Green: 1 hour:**

Learn gymnastic skills on beam, bar, floor and vault in a fun & safe environment with children of similar abilities. Children can be extended or challenged as their skills levels requires.

### **Blue & Purple 1.5 and 2 hours:**

An extension class for those with more advanced gymnastic ability. These classes are more structured and your child will need to meet skill & strength criteria. Please phone the office for more information.

**TeamGym 8 years + (1.5hr):** TeamGym is an exciting style of group performance for both boys and girls. It encourages team work, creativity, originality and showmanship to provide the audience with an energetic, enthusiastic and dynamic performance. Floor - incorporates dance, sports aerobics, aerobics and tumbling elements to be rhythmic and entertaining while demonstrating co-ordination, balance and statics, strength, flexibility and spring. *(no classes yet)*

**Tumbling:** relies on good teamwork for synchronicity and uniformity while demonstrating athletes tumbling abilities. Spring/Mini Trampoline - relies on good teamwork for uniformity and synchronicity while demonstrating athletes vaulting and mini-trampoline abilities.

### **What to wear:**

Please wear snug, comfortable clothing. No belts, buckles, zippers, jeans, wrist watches, skirts or jewellery. Shorts and a t-shirt are acceptable, or a leotard or togs. In cool winter months, named thermals are recommended. Pants may be worn only if we can see the gymnast's feet. Gymnasts participate in bare feet. Long hair must be tied back for safety and hygiene reasons. Please bring your own named drinking bottle and make sure that you have had recent refreshments.. Behaviour Expectations Respect for Others - moderate voice level, take turns, use nice words & no hitting Respect for Equipment - share equipment, use equipment appropriately Respect for Learning - Listen to your coach, pay attention, try your best Any Dangerous behaviour towards anyone the coach reserves the right to send a gymnast off the floor immediately until further notice. Registration Terms & Conditions IMPACT Gymsport reserves the right to cancel any class that does not have a sufficient number of registrations. Participant's families will be notified and the children given a different class option should this occur.

IMPACT guarantees a minimum of 8 weeks per term. Important - If you enroll in a class and you do not cancel in writing prior to the start of term. Failure to do so will result in full payment being due. Refunds will only be approved upon the receipt of a medical certificate for injury/illness, which prohibits a member from participating for the remainder of a term. All fees are to be paid before each term starts. Any child with outstanding fees will not be able to continue participating in class until the fees are paid in full, unless a payment plan has been agreed upon with the Centre Manager.