

Frequently Asked Questions

Purpose

We've compiled a list of all the frequently questions we usually get asked regarding our classes, coaches, and facility.

We refer you to the Recreational Handbook for more information.

If you still haven't found the answers you're looking for, feel free to contact us at info@shiregymnastics.com.au and we'll be happy to answer your questions.

Frequently Asked Questions

Do you offer a free trial class before enrolling in a full term?

- We offer trial classes for a class fee.
- Please review our programs and class timetable to understand what class may suit and your desired day and time.
- To register for a trial please:
 - Click on **Enrol Now**
 - Complete **Register for a Trial** form with preferred class name, day and time
 - We will check availability and confirm your trial via email.
- Payments for trials can be made on the day of attendance by cash or card (we do not accept AMEX)

What do I bring and wear to my class?

- T-shirt, singlet and/or crop top and tights or shorts (comfortable stretchy clothing)
- Labelled water bottle
- **Do not Wear:** Jewellery (stud earring's are fine), watches or denim clothing.
- We do sell club branded gear if you're interested.

How many gymnasts are in each class?

- Littlies Combined and Kindy Gym classes operate on a ratio of 1 coach to 6 gymnasts.
- Recreational & Teen classes 4-13 years operate on a ratio of 1 coach to 8 gymnasts.

I've never done gymnastics before, which class is suitable?

- All our recreational classes are suitable for all abilities. our coaches will adapt the program to suit. Please review our programs and should you have any questions please email at info@shiregymnastics.com.au

I'm more advanced, what are my options?

- We offer an Advanced Rec Gym classes for more skilled gymnasts 5-9 years and 9-13 years.
- These are coach identified classes (by selection only).
- Please approach and talk to your child's coach at the end of class if you would like more information or wish your child to be considered for Advanced classes.
- Advanced teens 13 years and up will be catered for in the Teen Gym class.
- We also offer a competitive program; an assessment is required to enter this program (Advanced Rec classes can be used as a pathway to this). Please email any competition enquires to us at info@shiregymnastics.com.au

I'm a parent, can I watch my child's class?

- We absolutely encourage parent viewing however we are challenged for space.
- We have a viewing window in our reception area and on fine days we open our roller door to enable parents to watch from our fenced outdoor space.
- There is no viewing allowed on the stairs and parents (or young children not participating) are not allowed on the gym floor.
- Should you see a parent on the floor this would be because of coach/staff consultation and permission provided for the child's specific need at the time. Please ask before entering the gym floor.

How early can I leave my child before class?

- We suggest arriving for classes only five minutes prior to start time.
- We are unable to child mind as our reception area is a very busy place. Please stay with your child until class starts, following which you are welcome to watch or leave and return when class is finished.
- Should you be running late to pick up your child please contact us on PH: 9545 5500 or info@shiregymnastics.com.au

What if my child is sick or unable to make a class?

- For recreational classes we offer 2 make up classes per term. These are subject to availability and must be used prior to the end of term.