



SCHOOLS GYMNASTICS PROGRAM

2025



Gymsport

BTYC's 'AT CLUB' and 'AT SCHOOLS' programs provide quality and innovative coaching through the implementation of LaunchPad Foundation gymnastics in all its Gymsport forms that is all inclusive, safe, challenging, and enjoyable. BTYC creates an environment that inspires participants of all abilities to reach beyond their expectations and realize their potential.

BTYC Schools Program

Our aim is to introduce Primary and Secondary school aged students to the wonderful world of gymnastics by teaching them foundation basics through a range of fun and challenging activities that incorporates many of the different Gymsports.

These other gym sports can include Acrobatics, Cheerleading, Rhythmic, Dance and Aerobics. Our sessions can be tailored to meet any specific requirements.

Our program is complimentary to the VCAA Curriculum: Health and Physical Education. We also meet the requirements of the Perceptual Motor Program (PMP) for Primary Schools.

Program Aims

- Present a challenging, fun, and safe environment.
 - Improve co-ordination for body awareness and balance.
 - Develop strength and flexibility, for life's constant challenges.
 - Assist in developing posture and confident body movement.
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Benefits of Gymnastics

- Increases creativity and develops self-confidence, for sport and life.
- Develops healthy minds and bodies for present and future life.
- Improves coordination and agility, for body awareness and balance.
- Develops posture and confident body movement, including the ability to land safely which can be applied to many different situations.
- Assists with strength and flexibility, for life's constant challenges.

School Program Expectations

At BTYC the safety of all athletes and coaches is our number one priority. All our coaches are professionally qualified gymnastics coaches with current CPR and First Aid training/certifications.

While running our programs we have a number expectations of all athletes, coaches and BTYC members. Although it is unusual to require reinforment of these expectations they are outlined below for all to follow and are in place to keep the gym environment safe for all.

Athlete Expectations

It is expected that all athletes follow the club rules to the best of thier abilities during sessions. Following the coaches isnturctions, giving safe space for the active athletes and respecting individulas is vital to running a positive and efficient gymnastics class.

Accompanying Teachers Expectations

It is expected that **ALL attending teachers assist** in active class management of the students during sessions. This gives the students the best possible outcome of a positive gymnastic experience.

Clothing

We recommend that each student wear appropriate clothing for the gym session with all long hair tied back. This includes bear feet as some equipment and skills can result in slipping or rolling of ankles when wearing socks or shoes. Any Fitbits, watches or jewellery, and objects in pockets should be removed before class starts. BTYC and its coaches are not responsible for broken or lost items.

Discipline

During classes coaches will be strictly enforcing the following 3 warning system (in severe instances coaches may need to curcumvent First and Second Warnings) :

First Warning: issue a verbal warning.

Second Warning: 5 minute break from class.

Third/Final Warning: removal from class for the duration of the session.

BTYC looks forward to welcoming your school again in 2025 and appreciate your ongoing support in keeping our gymnastics environment a safe one.

'AT CLUB' School Program

BTYC Gymnastics Club is committed to the ongoing success of our 'AT CLUB' school program. Our club is situated at 360 Springvale road, Donvale, Melbourne in the Manginingham DISC.

Schools can book timeslots for BTYC's 'AT CLUB' Schools Program during the following times:

- Monday 12.30pm – 3.00pm
- Tuesday 12.30pm – 1.30pm
- Wednesday 12.30pm – 3.00pm
- Thursday 9.00am – 12.00pm
- Friday 12.30pm – 1.30pm

'At Club' Class Structure

Sessions consist of warm-up and circuits. Circuits will be conducted on the large array of gymnastic apparatus available at BTYC. Each circuit is explained and demonstrated as they go, teaching safety and key foundation gymnastics techniques.

Ratio

BTYC coach to student ratio is 1:15 students. BTYC aim to minimise possible risk of injury with this combined effort: smaller group to coach ratios and active teachers to ensure students are supervised as they move circuits.

Foam PIT Safety

Ensure there is nothing loose in pockets as these items easily fall out into the PIT and are lost until scheduled PIT cleans every 6 months. If you have any specific requirements for your class, please email prior to the commencement of your sessions or during the booking process.

BTYC also offers our 'At School' Schools Program, which gives the chance for your students to experience quality gymnastics classes at your school.

'AT SCHOOL' School Program

BTYC Gymnastics Club is committed to the ongoing success of our 'AT SCHOOL' schools' program. We primarily focus on schools located in the Eastern Suburbs of Melbourne, and our coaches are often coming or going from our gymnasium in Donvale to deliver schools gymnastics programs.

Times can be booked between Monday to Friday, 9am – 3:30pm.

Back-to-back sessions are preferable due to coach availability and scheduling.

Program Outline

Our main programs will be available in 45 - 60-minute sessions. Please note, this can be negotiated depending on school timetable requirements.

'At School' Class Structure

Sessions consist of a warm-up and circuits. Circuits will be conducted using the school's gymnastics equipment or BTYC can organise for equipment to be transported to the school for an extra fee, providing the equipment can be stored safely and securely. Each circuit is explained and demonstrated as they go, teaching safety and key foundation gymnastics techniques.

BTYC coach to student ratio is 1:28 students.

Circuits and Equipment

Sessions consist of a warm-up and circuits. Circuits will be conducted using the school's gymnastics equipment or BTYC can organise for equipment to be transported to the school for an extra fee, providing the equipment can be stored safely and securely. Each circuit is explained and demonstrated as they go, teaching safety and key foundation gymnastics techniques.

If you have any specific requirements for your class, please just email prior to the commencement of your sessions or during the booking process.

BTYC also offers our 'At CLUB' Schools Program, which gives the chance for your students to experience quality gymnastics classes at our state-of-the-art gymnastics' facility located on Springvale Road in Donvale.

‘AT SCHOOL’ School Program

Program Outline

Our main programs will be available in 45 - 60-minute sessions.

Please note, this can be negotiated depending on school timetable requirements.

Movement and Physical Activity Program Basics:

Level 1 (Prep)

Perform basic motor skills and movement; follow rules and procedures and learn to share equipment and space safely.

Level 2 (Grade 1 – 2)

Perform basic motor skills and some more complex skills; demonstrate control when undertaking locomotor activities requiring change of speed, direction, and level; follow rules and procedures and use equipment and space safely.

Level 3 (Grade 3 – 4)

Perform a broad range of motor skills and apply them to basic situations; follow safety principles in games and activities; undertake games in the manner of ‘fair play’.

Level 4 (Grade 5 – 6)

Refine basic and complex motor skills and apply these skills in increasingly complex games and activities.

Level 5

Perform proficiently motor skills which are appropriate to specific games, activities, and sports.

Level 6

Evaluate individual and group tactics, skills and movement patterns employed in games, physical activities, and sports, to improve performance.

Level 7+

Continue to develop and strengthen body and special awareness and begin to identify how biomechanics and physics plays a part in gymnastics.

Pricing and Booking

Booking Process

1

Complete a booking form and email through to:

pierce@btycgymnastics.org.au

Booking Form: <https://www.btycgymnastics.org.au/programs/btyc-schools-program/>

Please advise us if you are receiving funding from Sporting Schools for your gymnastics program.

It is recommended to book a minimum of 4 weeks out from requested dates, within those 4 weeks there may be limited access to equipment due to prior bookings.

2

A return email to you will confirm available classes, dates, and times.

If the requested dates or times are not available, possible alternatives will be listed.

3

Pricing 2025 (GST Inclusive) will be filled out by BTYC and require confirmation before finalising the booking.

Prices can be found on the following page.

Pricing and Booking

'At Club' Prices

Hours	Cost Per Student	Min. cost per Session
3/4 Hour	\$6.40	\$134.00
50 min	\$7.00	\$146.00
1 hour	\$8.20	\$171.00
1.5 hour	\$11.80	\$246.00

'At School' Prices

Hours	Cost Per Student	Min. cost per Session
3/4 Hour	None	\$165.00
50 min	None	\$180.00
1 hour	None	\$215.00
1.5 hour	None	\$320.00

Additional Costs

Travel allowance: If the session is an 'At School' and destination is 15 min or more drive from BTYC (to be determined by BTYC).

Travel - \$75 Per Day

Equipment Hire: BTYC can provide schools with equipment, to be safely stored at the school, to enable students to experience a broader range of gymnastics activities and help improve the quality and enjoyment of the class.

Equipment Hire/Transport - \$400

Please note there is a 50% charge for classes that are cancelled less than 24 hours prior to the booked date.

There is a 100% charge for a class that are cancelled on the day.

General Information

POLICIES & PROCEDURES

BTYC Gymnastics has a number of Club Rules, Policies and Procedures that relate to all classes and general operations. This information, along with other valuable information, can be viewed at the BTYC website.

CHILD SAFETY

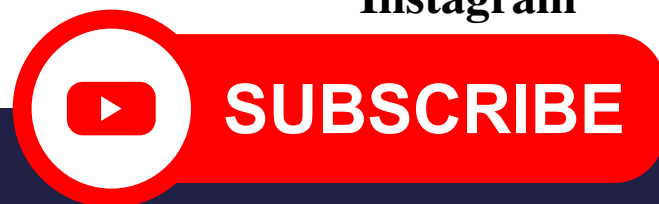
BTYC Gymnastics is committed to the safety, wellbeing and empowerment of all children and young people accessing our programs and services, including indigenous children, those from culturally and linguistically diverse backgrounds and children and adults with disability.

The following policies and reporting are available on our website.

- Child Safety and Child Friendly Policy.
- Child Protection Statement.
- Child Safety Requirement Policy.
- Reporting a child safe concern.



Don't forget to follow and like us on Facebook and Instagram



General Information

Committee

BTYC Gymnastics is a 'committee-run organisation'. The BTYC Committee of Management meets once per month to look at the strategic and budgeting aspects of the Club. It is vital to maintain a strong Committee to ensure the successful running of our Club. The Committee aims to have at least one parent representative from each Program on the Committee at all times.

If you are interested in joining the committee, please speak with either the General Manager or Club President.

BTYC Gymnastics is a 'Not for Profit' sporting Club, and as such, relies heavily on parent involvement and help in a variety of different areas throughout the year. You will receive regular e-mails and notices advising of any assistance sought with competitions, Club activities etc.

Programs offered at BTYC

Program	Role	Name	E-Mail
Office	General Manager	Jes Larsen	jes@btycgymnastics.org.au
	Office Manager/Assistant General Manager	Susie Guttman	susie@btycgymnastics.org.au
	Accounts Manager	Anna Bubb	accounts@btycgymnastics.org.au
	Customer Service representatives	Patricia Lew Ebony Mactier Brett Tomsett Melody Ulbrick	admin@btycgymnastics.org.au
MAG	MAG Program Manager	Ross Donaldson	ross@btycgymnastics.org.au
WAG	WAG Program Manager	Ross Donaldson	ross@btycgymnastics.org.au
GYMSTAR	Gymstar Program Manager	Bridget O'Donnell	bridget@btycgymnastics.org.au
TRAMP & TUMBLE	Trampoline & Tumbling Program Manager	Ross Donaldson	jordan@btycgymnastics.org.au
AEROBICS	Aerobics Program Manager	Amy Channon	amy@btycgymnastics.org.au
ALL ABILITIES	All Abilities Program Manager	Ebony Mactier	ebony@btycgymnastics.org.au
ADULT CLASSES	Adult Program Manager	Chris Ciemcioch	chris@btycgymnastics.org.au