

CLASS CATEGORIES

Developmental		
4-5 years	Tumble Weeds	Fast & fun, basic locomotion & co-ordination, body positions, shape and tension, discipline into the basic gym skills, body conditioning
5-6+ years	Jumping Jacks	Fast & fun, basic locomotion & co-ordination, body positions, shape and tension, discipline into the basic gym skills, introduction to apparatus work
6+ years	Gym Cubs	Basic gym skills, introduction to apparatus work, apparatus skills, introduction to competition
Pre-team Classes		
6+ years	Levels 1-3	Fun participation (getting serious), body conditioning & apparatus. Regular competition (teams & individual)
Team Classes		
Select Gymnasts	Levels 4-6	Serious and dedicated participation & competition. Regional & National representation.
Elite Team		
Select Gymnasts	Level 7 & up; High Performance	Serious & dedicated participation & competition. Regional & National representation. Avenue to International competition.

NATIONAL LOTTERIES COMMISSION

Pinetown Gymnastics would like to express their gratitude to the National Lotteries Commission for their continued support with equipment provision, minor building refurbishment and uniforms



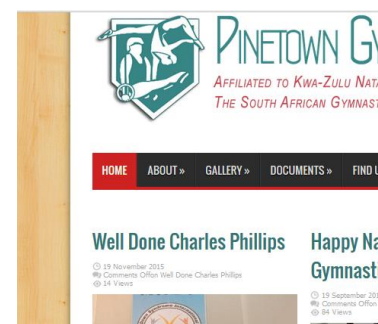
OUR WEBSITE

Pinetown Gym has a website: www.ptngym.co.za covering news and events at the Club, plus some action photos from various competitions. On the website you can also find the year calendar, information regarding parties at the gym, results from competitions & some information on our current and past star gymnasts.

We are on Facebook – www.facebook.com/PinetownGym



Twitter - [@pinetownGym](https://twitter.com/@pinetownGym)
Instagram- [@pinetown_gymnastics](https://www.instagram.com/@pinetown_gymnastics)



GYMNASSTICS



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PINETOWN GYMNASTICS CLUB



GYMNASTICS is one of the most fundamental and exciting of all physical activities. It develops basic co-ordination, flexibility, strength, personal discipline, and self-confidence. Your investment in **GYMNASTICS** will pay dividends for years.

Pinetown Gymnastics Club has offered high-quality instruction for all ages and performance levels since the 1970's. Our club boasts the highest membership in Kwa-Zulu Natal, and is also the best equipped (recent Lotto grant and new Gymnova equipment imported from France), having the only safety foam pit in the province.

MISSION STATEMENT / OBJECTIVES

- To advance, promote & improve gymnastics in all facets in the club:
- Affiliate to, and co-operate with the Kwa-Zulu Natal Gymnastics Union
- Select and train teams and individuals to represent the club / Province / Country in competitions and displays
- Social responsibility – actively pursue regional & national guidelines, with funding & local initiatives within the club
- Partnering with the local council, Department of Sport & Recreation and National Lotteries Distribution Trust Fund



OUR PROGRAMS

We present a large array of programs (see back page) which cater for all skills and ages. Our sessions may also be beneficial as a complement to occupational therapy, as the children feel encouraged to join in due to the exciting presentation. This will help to improve their body strength and co-ordination, whilst they are having lots of fun!

Many of the gymnasts from our club have been awarded their KwaZulu Natal Junior Colours for representing the province. At national and international level we are proud of Charles Phillips who was placed 1st on vaulting at the 2016 Trisome Games in Italy. We are also proud to have had 2 boys (Luke James & Tyler Osborn) represent South Africa at the Junior Commonwealth Invitational in Namibia - October 2016 – team silver medal & 1 individual apparatus medal each

CLASS TIMES

Many different classes are available depending on age and ability. Our beginner &/or younger classes are typically:

Tumble Weeds : 4-5 yrs	: Mon-Thur 1.15- 2pm /Sat 8.30-9.30am
Jumping Jacks : 5-6 yrs	: Mon-Thur 2 - 3 pm / Sat 8.30-9.30am or 9:30- 10:30
Gym Cubs : 6+ yrs	: Mon-Thur 3.15-4.30 pm
Gym Stars : 6+ yrs	: Sat 8.30 – 10.00 am

Competitive classes as per individual schedule (2 & + classes per week)

SAFETY

We are safety conscious! Please help us by abiding by these rules :-

- Do not work/play on apparatus without supervision of a coach
- Do not play in/ on equipment, or around the gym, esp. the pit
- Use of the pit is under supervision only
- Non participants may not under any circumstances interfere with classes or play in the gym or on any of the apparatus. Spectators are welcome to watch from our seating areas or play in our demarcated play area.



CLOTHING

- Bare feet
 - Long hair to be tied back & out of face
 - Leotard / Swimming Costume or T- Shirt & Shorts.
 - No jewellery
 - Nothing loose in the mouth
- The kit as issued with the starter pack is ideal for training, although not compulsory
Club uniform is needed for competition.
Details about this can be obtained from the office or on



the competition notice.

CHANGING YOUR CONTACT DETAILS?

The club has a comprehensive database that it uses for management purposes. The level of service that we provide depends on the accuracy of the details. Therefore, we appeal to parents to inform us of any changes in contact information. (Also important in the case of an emergency!)

HOME OF THE WILD DOGS

Our official mascot for the club is the Wild Dog. Why? Because they are:

Proudly South African • A successful team that has been in the natural world for thousands of years
• They work in teams, and membership is largely stable and well defined • The team performs successfully and the expectation is that it will continue to do so • They have shared leadership • Shared vision • Tenacity • They execute a strong individual effort • They care for, nurture and protect their young

We aim to exhibit these characteristics.



ANNUAL FEES 2017

CLUB MEMBERSHIP (Payable in February each year)**

Per Gymnast : R 200 - Includes Sling bag, Water bottle, T Shirt & Shorts for new members

** Half Rate from August or 1st month of membership (if mid-year.)

PROVINCIAL & NATIONAL FEDERATION MEMBERSHIP –

Non Competitive :R 60.00

Competitive : R 450.00



COACHING FEES PER TERM

A 5% discount is given if fees are settled by the due date.

CLASS	DESCRIPTION	2017 FEES	If Settled by Due Date
<u>Outreach</u>	Available at some schools	R494.74	R470.00
<u>Developmental</u>			
Tumble Weeds	3/4 hr Once per week	R842.11	R800.00
Jumping Jacks	1 hr Once per week	R947.37	R900.00
Gym Cubs	1 1/4 hr Once per week	R1 042.11	R990.00
<u>Pre Team</u>			
Level 1	1 1/2 hr Once per week	R1 157.89	R1 100.00
Level 2	2 hrs per week	R1 263.16	R1 200.00
Level 3	3 hrs per week	R1 473.68	R1 400.00
<u>Team</u>			
4hrs/week	4 hrs per week	R1 684.21	R1 600.00
5hrs/week	5 hrs per week	R1 842.11	R1 750.00
6 hrs/week	6 hrs per week	R2 157.89	R2 050.00
<u>Elite Team</u>			
7 hrs/week	7 hrs per week	R2 315.79	R2 200.00
8 hrs/week	8 hrs per week	R2 526.32	R2 400.00
10 hrs/week	10 hrs per week	R2 736.84	R2 600.00
12 hrs/week	12 hrs per week	R3 263.16	R3 100.00
15+ hrs/week	15+ hrs per week	R3 578.95	R3 400.00

NOTES

- a) Fees are payable in advance, as follows (instalments by arrangement)
- | | |
|--|---------------------------------------|
| 1st Term payable by : 16 February 2017 | 2nd Term payable by : 17 May 2017 |
| 3rd Term payable by : 24 August 2017 | 4th Term payable by : 9 November 2017 |
- b) The Gym will be closed on ALL PUBLIC HOLIDAYS and between the following dates :-
- Open for 2017 > Monday 16 January
- Saturday 1 April > Tuesday 18 April
- Saturday 1 July > Monday 24 July
- Saturday 31 August > Monday 9 October
- Wednesday 6 December > Monday 15 January 2018 (TBC)
- c) Termination of membership must be in writing with at least 1 TERM'S NOTICE and the current term's fees will still be due and NOT refundable.
- d) Unfortunately no reduction in fees can be made for gymnasts on holiday or minor injury/illness
- e) Bank Account Details :
- Bank Account Name : Pinetown Gymnastics Club Bank : First National Bank
Branch : 221 626 (Old Main Rd) AccNum : 513 8151 6886

**Our Facility is also available for Birthday Parties & School Visits.
Contact the office / website for further information.**