

CLASS CATEGORIES & TIMES

Developmental		
4-5 years	Tumble Weeds Mon > Thursday – 12h45 > 13h30 Saturday – 09h30 > 10h15	Fast & fun, basic locomotion & co-ordination, body positions, shape and tension, discipline into the basic gym skills, body conditioning
5-6+ years	Jumping Jacks Mon > Thurs – 13h30 > 14h30 Saturday – 08h30 > 09h30	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 Mon > Thurs – 14h45 > 16h00	Basic gym skills, introduction to apparatus work, apparatus skills, introduction to competition
Pre-team Classes		
6+ years	Levels 1 & 2 Saturdays – 08h30 > 10h00	Fun participation (getting serious), body conditioning & apparatus. Regular competition (teams & individual)

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

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)



GYMNASASTICS



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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 parallel bars vaulting at the 2018 Down Syndrome World Championships in Germany. We are also proud to have had Luke James represent South Africa in the junior boys team at the African Championships in Namibia and at the African Safari International – not to be outdone Erin Elliot was selected as a member of the SA Federation pre-junior team which won gold at the Region 5 event in Pretoria against Namibia , Zimbabwe and Mozambique.

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 2019

CLUB MEMBERSHIP (Payable in January each year)**

Per Gymnast : R 200.00

** Half Rate from August



PROVINCIAL & NATIONAL FEDERATION MEMBERSHIP – (Payable in February each year)

Non Competitive : R 70.00

Training kit = Sling bag, Water bottle, T Shirt & Shorts may be purchased from the office @ R100 per set

COACHING FEES PER MONTH x 11 Jan > Nov

CLASS	DESCRIPTION	2018 FEES x 11
<u>Developmental</u>		
Tumble Weeds	3/4 hr Once per week	R330.00
Jumping Jacks	1 hr Once per week	R375.00
Gym Cubs	1 1/4 hr Once per week	R400.00
Pre Team	1 1/2 hr Once per week	R455.00

NOTES

- Fees are payable in advance – 11 payments per annum – may be paid via debit order
- The Gym will be closed on ALL PUBLIC HOLIDAYS and classes run between the following dates :-

Term 1	Monday 14 January	> Saturday 16 March
Term 2	Tuesday 2 April	> Saturday 15 June
Term 3	Monday 8 July	> Saturday 21 September
Term 4	Tuesday 1 October	> Wednesday 4 December
- Termination of membership must be in writing with at least 1 MONTHS NOTICE and the current months fees will still be due and NOT refundable.
- Unfortunately no reduction in fees can be made for gymnasts on holiday or minor injury/illness
- Bank Account Details :

Pinetown Gymnastics Club
Bank : First National Bank
Branch : 221 626
AccNum : 513 8151 6886

Please include gymnasts name as reference

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