

# CLASS CATEGORIES & TIMES

| Developmental    |   |   |
|------------------|---|---|
| 4-5 years        | <b>Tumble Weeds</b><br>Mon > Thursday – 12h30 > 13h15<br>& 13h25 > 14h10        | Fast & fun, basic locomotion & co-ordination, body positions, shape and tension, discipline into the basic gym skills, body conditioning              |
| 5-6+ years       | <b>Jumping Jacks</b><br>Mon > Thurs – 14h20 > 15h20<br>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         | <b>Gym Cubs</b><br>Mon > Thurs – 15h30 > 16h45<br>Saturday 09h45 > 11h00        | Basic gym skills, introduction to apparatus work, apparatus skills, introduction to competition   |
| Pre-team Classes |   |   |
| 6+ years         | <b>Levels 1 &amp; 2</b><br>2 x sessions per week @ 1.25hrs<br>each - TBA        | Fun participation (getting serious), body conditioning & apparatus. Regular competition (teams & individual)  |

## 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](http://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](http://www.facebook.com/PinetownGym)

Twitter - [@pinetownGym](https://twitter.com/pinetownGym)

Instagram- [@pinetown\\_gymnastics](https://www.instagram.com/pinetown_gymnastics)



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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 @ Lahee Park

## 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 1<sup>st</sup> 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            | 2019 FEES x 11 |
|------------------------|------------------------|----------------|
| <u>Developmental</u>   |                        |                |
| Mom & Me               | 1 hr Once per week     | R375.00        |
| Tumble Weeds           | 3/4 hr Once per week   | R375.00        |
| Jumping Jacks          | 1 hr Once per week     | R430.00        |
| Gym Cubs               | 1 1/4 hr Once per week | R520.00        |
| Pre Team (level 1 & 2) | 1 1/4 hr 2 x per week  | R700.00        |

## 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 :

|                                 |
|---------------------------------|
| <b>Pinetown Gymnastics Club</b> |
| Bank : First National Bank      |
| Branch : 221 626                |
| AccNum : 513 8151 6886          |

Please include gymnasts name as reference > NO CASH TAKEN @ Oxford Branch

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