

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 and 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 and introduction to apparatus work
6+ years	Gym Cubs Mon > Thurs – 14h45 > 16h00	Basic gym skills, introduction to apparatus work, apparatus skills and introduction to competition
Pre-team Classes		
6+ years	Levels 1 & 2 Saturdays – 08h30 > 10h00	Fun participation (getting serious) and 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

Instagram- @pinetown_gymnastics



G Y M N A S T I C S



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Pinetown Gymnastics Club

PINETOWN GYMNASTICS CLUB @ LAHEE PARK 2021

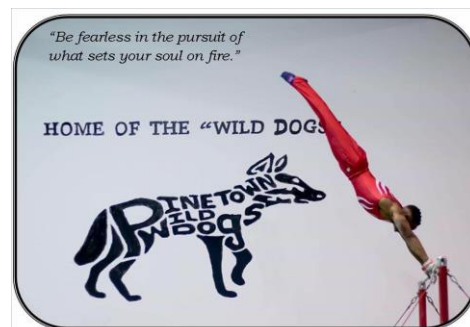


Gymnastics is one of the most fundamental and exciting of all physical activities! It develops basic co-ordination, flexibility, strength, personal discipline, and self-confidence. Your investment in gymnastics will benefit you for years. Pinetown Gymnastics offers high-quality instruction for all ages and performance levels. Our club has the highest membership in Kwa-Zulu Natal, and is also the best equipped .

MISSION STATEMENT / OBJECTIVES

ENVISION ● PERSEVERE ● ACCOMPLISH ● SONKE

- To advance, promote & improve gymnastics in all aspects of 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 & inclusion – 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 ACHIVEMENTS

Luke James came 2nd overall in the Jr. Olympic National Champs in September 2019, he received 6 medals qualifying for the Jr. Olympic hope cup in Czech Republic.

Demi Robbertson came 3rd overall in Level 9 at Gym games 2019

Charles Phillips won the men's British open DSIGO 2019

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 of a coach
- Non-participants may not under any circumstances **interfere with classes, 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.



DRESSCODE

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

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 2021



CLUB MEMBERSHIP (Payable in January each year)**

Per Gymnast : R300.00

** Half Rate from August

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

Non Competitive : R70.00

Competitive : R525.00

Training kit = Sling bag, Water bottle, T Shirt & Shorts may be purchased from the office @ R250.00

COACHING FEES PER MONTH x 11 JAN > NOV & ½ DEC

CLASS	DESCRIPTION	2021 FEES
Developmental		
Tumble Weeds	3/4 hr Once per week	R440.00
Jumping Jacks	1 hr Once per week	R500.00
Gym Cubs	1 1/4 hr Once per week	R530.00
Pre Team	1 1/2 hr Once per week	R610.00

NOTES

- Fees are payable in advance – 11 ½ 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 11 January	> Wednesday 31 March
Term 2	Monday 12 April	> Wednesday 23 June
Term 3	Monday 12 July	> Thursday 23 September
Term 4	Monday 4 October	> Saturday 11 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

NPO Reg. No. 195-964

[Our Facility is also available for Birthday Parties & School Visits.](#)
[Contact the office / website for further information](#)