



MACQUARIE
University
SYDNEY · AUSTRALIA



(YOU)^{us}

**CAN GET
YOUR KIDS IN
ON THE ACTION**
Our swimming and
gymnastics programs

Macquarie university sport and aquatic centre swim school and gymnastics programs

Welcome! At Macquarie University, we are passionate about educating families on water safety, making swimming fun, and creating a safe gymnastics experience for everyone to enjoy.

Our excellent facilities are complemented by highly experienced instructors who continuously develop their professional skills and hold industry-specific qualifications with AUSTSWIM, the Australian Swimming Coaches and Teachers Association, and Gymnastics Australia.

In this booklet, you'll find answers to many of the questions parents frequently ask and discover why Macquarie University Sport and Aquatic Centre is the best choice for your family.

Real-time feedback

Enjoy the Macquarie difference. GreeneDesk, an online communication platform, helps our instructors provide real-time feedback on your child's progress in either swimming or gymnastics.



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Our commitment to child protection

Macquarie University Sport and Aquatic Centre is committed to providing a safe and supportive environment for children and young people, and to protecting them from foreseeable harm.

We treat any allegation or complaint about the safety and wellbeing of children seriously. We are committed to ensuring that our staff, volunteers and contractors understand their obligations to report child abuse and neglect to government authorities. Each Macquarie University Sport and Aquatic Centre employee has a responsibility to understand the important and specific role they play, individually and collectively, to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do.

Child protection

We believe that the protection of children is paramount and aim to protect a child's right to be safe from abuse of any kind.

Macquarie University Sport and Aquatic Centre staff are required to possess a valid Working With Children Check. Staff are trained to identify an at-risk child or young person and are supported by Campus Life child safety officers, who have had extra child protection training. A staff member who suspects, on reasonable grounds, that a child or young person is at risk of significant harm must follow our procedures, which may include reporting it by calling the NSW Child Protection Helpline on 132 111.

Any child protection concerns involving a Macquarie University Sport and Aquatic Centre staff member employed in a child-related role are referred to as an allegation of reportable conduct and would be handled in line with the requirements of the *Children's Guardian Act 2019 (NSW)* and the *Child Protection (Working with Children) Act 2012 (NSW)*.

Our practices are governed by a range of policies and procedures including the Keeping Children Safe Policy, Responding to Allegations Against Staff Policy and the United Nations Convention on the Rights of the Child.

Learn to swim

DEVELOP YOUR CHILD'S WATER
CONFIDENCE AND WATER
SAFETY SKILLS



Learn to Swim program

Macquarie University Sport and Aquatic Centre offers Learn to Swim programs for children, from six months of age, and young people.

Our programs can help your child learn about water safety and develop core swimming skills – all in a fun, safe and inclusive environment. Your child will be placed in a class that is appropriate to either their age or their swimming ability, as assessed by a qualified Swim School instructor.

SWIMMER PROGRESSION CHART

Our weekly classes focus on developing age-specific and ability-appropriate Learn to Swim skills. Children progress in their swimming ability at varying rates – our Swim School supervisors regularly assess swimmers throughout the year.

BABIES AND INFANTS	PRESCHOOL	SCHOOL AGE	STROKE DEVELOPMENT	TEEN PROGRAM
<p>Age level 6 months – 3 years</p> <p>Class size 8 students</p> <p>Classes focus on water familiarisation and basic water safety skills.</p> <p>Lessons are delivered through songs and games to make your child comfortable in the water within a class context.</p> <p>As children progress through the levels, they are introduced to basic swimming techniques and encouraged to develop more independence in the water.</p>	<p>Age level 3–5 years</p> <p>Class size 4 students</p> <p>Classes focus on introducing independent swimming.</p> <p>As children progress through the levels they develop basic freestyle and backstroke techniques.</p>	<p>Age level 5–10 years</p> <p>Class size 4–5 students</p> <p>Classes build confidence and water safety awareness, and further develop independent swimming.</p> <p>As children progress through to the higher levels they learn the streamline form and basic freestyle and backstroke techniques, and are introduced to bilateral breathing.</p> <p>Children at the higher levels are also introduced to the breaststroke kick.</p>	<p>Age level 5–12 years</p> <p>Class size 6–8 students</p> <p>Classes focus on building stamina and endurance of each stroke, with correct starts, turns and finishes.</p> <p>Classes focus on building stamina and endurance of each stroke, with correct starts, turns and finishes.</p>	<p>Age level 10+ years</p> <p>Class size 6–15 students</p> <p>Whether you are new to the water or want to develop the correct stroke technique, this program has just the right class level for you.</p> <p>Kickstart your swimming skills in our in our Teen Stroke Development class, or build up your fitness in our Teen Transition class.</p>
FAIRY PENGUIN	MANTA RAY	MANTA RAY	SEAL	TEEN START
EMPEROR PENGUIN	GUPPY	OCTOPUS	ORCA	TEEN STROKE DEVELOPMENT
STARFISH	SEA DRAGON	TURTLE	DOLPHIN	TEEN TRANSITION
	OTTER	PLATYPUS		
		CROCODILE		

At Macquarie University Swim School, we use the innovative GreeneDesk online parent portal. GreeneDesk's in-depth reporting helps us give the right support to every student and keep every parent up to date with their child's progress.

Babies and infants program

FAIRY PENGUIN

Age: 6–18 months (the child is held by the parent/caregiver in the water)

Student-to-teacher ratio: 8:1

Aims: The Fairy Penguin class is for children to explore and discover water in a fun and gentle environment. The focus of this class is on water awareness, safety skills and floatation. You are in the water supervising and encouraging your child to be happy and feel safe – enjoy great bonding time.

Assessable outcomes: Skills performed confidently



WATER SAFETY AND CONFIDENCE	SKILLS
Gripping reflexes and holds	Assisted floating
Reaching for the wall	Supported paddling and kicking action
Monkey crawl on wall	Entries and exits
Water familiarisation	

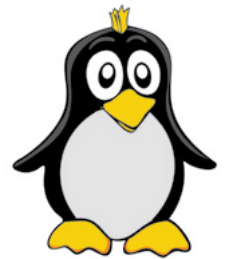
EMPEROR PENGUIN

Age: 18 months – 3 years (the child is held by the parent/caregiver in the water)

Student-to-teacher ratio: 8:1

Aims: The Emperor Penguin class is for children to explore and discover water in a fun and gentle environment. The focus of this class is on extending your child's water confidence and safety skills gained in the Fairy Penguin class. You are in the water supervising and encouraging your child to be happy and feel safe.

Assessable outcomes: Skills performed confidently



WATER SAFETY AND CONFIDENCE	SKILLS
Gripping reflexes and holds	Assisted floating
Reaching for the wall	Supported paddling and kicking action
Monkey crawl on wall	Entries and exits
Water familiarisation	



STARFISH

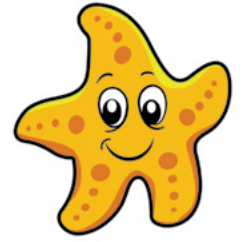
Age: 2–3.5 years
(the child is held by the parent/caregiver in the water)

Student-to- teacher ratio: 8:1

Aims: Classes focus on water confidence and safety skills. This class is for children who are familiar with and comfortable in the water. Children build swimming independence and learn about keeping safe in the water and taking turns.

Assessable outcomes:

- Skills performed confidently
- Readiness to progress to the next level without a parent/caregiver in the water



WATER SAFETY AND CONFIDENCE	SKILLS
Front and back body rotations	Push and glide
Reaching for the wall	Independent paddling and kicking
Waiting for instruction	Independent back float
Monkey crawl on wall	Independent back kick with aid
Entries and exits	Self-submersion



Water conditioning class

MANTA RAY

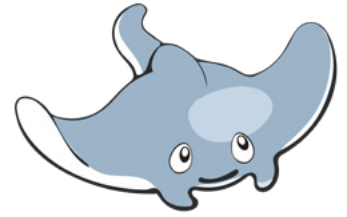
Age: 3–8 years (who are not comfortable in the water)

Student-to-teacher ratio: 4:1

Aims: Introduction to water and water safety skills. Develop water confidence and working towards independent movement.

Assessable outcomes:

- Breath control
- Safe entry and exit
- Independent front float
- Supported back float



WATER SAFETY AND CONFIDENCE	SKILLS
Safety slide in	Cup conditioning
Follows platform rules and waits for their turn	Breath control with face in the water
Wall return (fall in return to wall)	Object retrieval in waist deep water
Water play without goggles	Supported back float
Moving around in the water	Independent front float



Preschool program

GUPPY

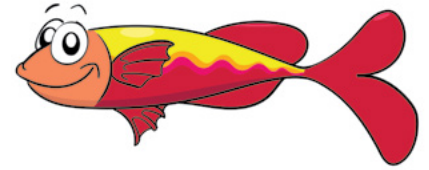
Age: 3–5 years (no parent/caregiver in water)

Student-to-teacher ratio: 4:1

Aims: The focus of this class is on developing water confidence and teaching your child the basics of water safety, including safe entries and return to the edge. By the time your child is ready to move up from this level, they will be confidently swimming with their faces under the water to retrieve underwater objects.

Assessable outcomes:

- 5m streamline kick
- 5m paddle and kick with effective action
- Back float and recover to platform



WATER SAFETY AND CONFIDENCE	SKILLS
Safety slide in	Push and glide
Assisted back kick with aid	Streamline kick
Safety slide in	Demonstrate paddling arms
Follows platform rules and waits for their turn	Front to back float
No goggle safety swim	Independent swim (5m), paddle and kick with effective underwater pull action
Wall return (fall in return to wall)	Underwater object retrieval

SEA DRAGON

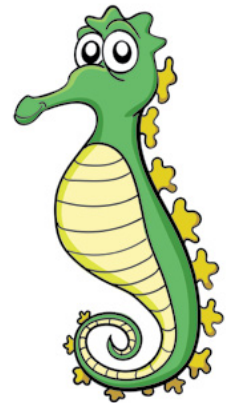
Age: 3–5 years (no parent/caregiver in water)

Student-to-teacher ratio: 4:1

Aims: The Sea Dragon class is for children who are ready to extend their breath control skills and further develop their ability to comfortably propel through the water by kicking and paddling. Water safety elements become more advanced with children learning to independently roll onto their back and float, and perform more advanced safety falls.

Assessable outcomes:

- 6m streamline kick
- 6m independent swim (straight arms overhead)
- Back float and recover to platform
- 6m unassisted back kick



WATER SAFETY AND CONFIDENCE	SKILLS
Jump entry and return to wall	Independent back float and recovery
Assisted back kick with aid	Streamline kick
Object retrieval	Demonstrate paddling arms strong underwater action
Swim roll swim with bubbles	Front to back float
No goggle safety swim	Independent back kick
Wall return (fall in return to wall)	Independent swim (6m)with big arm recovery

OTTER

Age: 3–5 years (no parent/caregiver in water)

Student-to-teacher ratio: 4:1

Aims: Extension of freestyle focusing on the coordination of arms and kick. Introduction of backstroke and butterfly kick. Introduction to side breathing.

Assessable outcomes:

- 7m of basic freestyle with propulsive kick action
- 7m of backstroke
- 5m of butterfly kick
- Stationary side breathing
- Forward somersault
- Seated dive with Streamline underwater



WATER SAFETY AND CONFIDENCE	SKILLS
Safe entry and exit	7 metres freestyle
6 metre no goggle swim	7 metres of backstroke
Object retrieval	5 metres of butterfly kick
Safe entry swim back float and recovery	Holding wall/board, exhale underwater and turn to the side to breath. 3 on each side.
Introduction of treading water	Forward somersault
	Seated dive with streamline glide underwater



School-age program

OCTOPUS

Age: 5+ years

Student-to-teacher ratio: 4:1

Aims: The Octopus class is for children who are ready to move through the water independently and begin building their swimming strokes. The focus of this class is on developing your child's water confidence and getting them ready to transition to the Turtle class.

Assessable outcomes:

- 5m streamline kick
- 5m paddle and kick with effective action
- Back float and recover to platform



WATER SAFETY AND CONFIDENCE	SKILLS
Safety slide in	Streamline push and glide
Assisted back kick with aid	Streamline kick
Follows platform rules and waits for their turn	Demonstrate paddling arms
No goggle safety swim	Front to back float
Wall return (fall in return to wall)	Independent swim (5m), paddle and kick with effective underwater pull action
	Underwater object retrieval

TURTLE

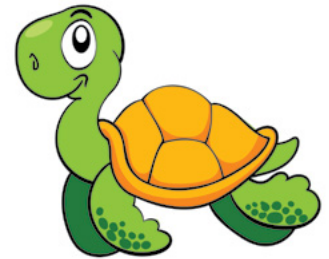
Age: 5+ years

Student-to-teacher ratio: 4:1

Aims: The Turtle class reinforces the skills your child learned in the Octopus class. The Turtle class focuses on the start of freestyle strokes and confidence of moving through the water on their back.

Assessable outcomes:

- 6m streamline kick
- 6m independent swim (straight arms overhead)
- Back float and recover to platform
- 6m unassisted back kick



WATER SAFETY AND CONFIDENCE	SKILLS
Jump entry and return to wall	Independent back float and recovery
Assisted back kick with aid	Streamline kick
Object retrieval	Demonstrate paddling arms strong underwater action
Swim roll swim with bubbles	Independent back kick.
No goggle safety swim	Forward somersault
	Independent swim (6m) with big arm recovery

PLATYPUS

Age: 5+ years

Student-to-teacher ratio: 5:1

Aims: The Platypus class is for children to progress to learning the foundations of freestyle and backstroke techniques. The focus of this class is on building core strength through introducing the sidekick and butterfly kick, with a strong emphasis on body awareness and movement in the water.

Assessable outcomes:

- 8m basic freestyle with propulsive kick action
- 8m back kick (arms by side)
- 8m backstroke
- Butterfly kick
- Seated dive
- Forward roll
- Stationary side breathing



WATER SAFETY AND CONFIDENCE	SKILLS
Seated dive	Streamline kick on front
8m no goggle swim	Back kick (arms by side)
Object retrieval	8m freestyle
Safe entry swim back float and recovery	8m backstroke
Introduction of survival backstroke	Introduction to butterfly kick
	Forward somersault

CROCODILE

Age: 5+ years

Student-to-teacher ratio: 5:1

Aims: The focus of the Crocodile class is on refining freestyle with bilateral breathing and backstroke techniques. Our crocodiles work on building strength and stamina. They are also introduced to the breaststroke kick and the correct technique for performing somersaults.

Assessable outcomes:

- 2 x 10m laps freestyle maintaining correct technique and bilateral breathing timing
- 2 x 10m laps backstroke while maintaining correct technique
- Breaststroke kick – push from wall, 2–3 kicks with glide (with aid)
- 2 x 10m butterfly kick
- Somersault
- Kneeling dive



WATER SAFETY AND CONFIDENCE	SKILLS
20m no goggle swim	2 x 10m laps freestyle
Object retrieval deep water	2 x 10m laps backstroke
Reach rescues	Somersault with back layout
Treading water	2 x 10m butterfly kick
Survival backstroke	Breaststroke kick 2–3 full kick actions
	Kneeling dive with streamline entry

Stroke development

SEAL

Age: 5+ years

Student-to-teacher ratio: 6:1

Aims: The Seal class is the first level that focuses on developing swimming stroke techniques. Seals further refine their technique in freestyle with bilateral breathing and develop backstroke with rotation. Butterfly and breaststroke are introduced, as well as freestyle tumble turns. There is an emphasis on building stamina and strength.

Assessable outcomes:

- 2 x 15m laps freestyle with correct start and finish
- 2 x 15m laps backstroke with dropdown start
- Butterfly (no breath)
- Freestyle tumble turn
- Crouching dive



WATER SAFETY AND CONFIDENCE	SKILLS
Safety slide	2 x 15m laps freestyle endurance
Survival swim sequence	2 x 15m laps backstroke endurance – shoulder rotation
Reach rescues	Introduction to tumble turn at wall
Treading water	Butterfly introduction of underwater arm pull action Butterfly introduction to overarm recovery
Survival backstroke	Breaststroke kick with correct timing Breaststroke arms with correct timing of breath
Starts and finishes – backstroke wall count	Crouching dive

ORCA

Age: 5–10 years

Student-to-teacher ratio: 6:1

Aims: Refinement of freestyle with bilateral breathing and backstroke with shoulder rotation. Emphasis on building stamina and strength. Introduction of breaststroke and butterfly arms and timing.

Assessable outcomes:

- 2 x 20m laps freestyle with correct start and finish
- 2 x 20m laps backstroke with dropdown start
- 2 x 10m breaststroke - focus arms and breathing
- 2 x 10m butterfly
- Freestyle tumble turn with underwater start
- Crouching dive with underwater start



WATER SAFETY AND CONFIDENCE	SKILLS
Safe entries and exit	2 x 20m laps Freestyle endurance
Survival backstroke and sidestroke	2 x 20m laps Backstroke endurance – shoulder rotation
Survival swim sequence	Introduction to tumble turn at wall
Treading water	20m Breaststroke with correct timing (including glide)
Reach Rescues	15m Butterfly with correct timing
	Crouching dive with underwater start

DOLPHIN**Age:** 5+ years**Student-to-teacher ratio:** 8:1

Aims: The main aim of the Dolphin class is to prepare swimmers for squad swimming and refine their skills in all four strokes while increasing endurance and stamina. Swimming fins are introduced to help swimmers improve the dolphin kick in the butterfly stroke.

Assessable outcomes:

- 50m freestyle with streamline start and tumble turn
- 50m backstroke while maintaining correct propulsive kick and shoulder rotation
- 50m breaststroke with correct timing
- 25m butterfly
- Freestyle and backstroke with correct starts and finishes
- Dives



WATER SAFETY AND CONFIDENCE	SKILLS
Safety stride	Freestyle endurance – correct head position with bilateral breathing
Survival swim sequence	Backstroke endurance – high stable body position and shoulder rotation
Reach rescues	Butterfly with correct breath timing
Treading water	Butterfly overarm recovery
Survival strokes	Breaststroke with correct timing – pull breath kick glide
	Dive with streamline entry



Teen program

TEEN START

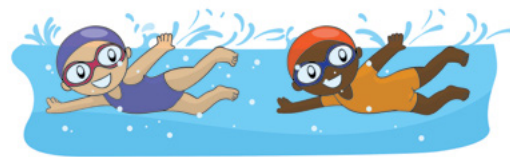
Age: 10+ years

Student-to-teacher ratio: 6:1

Aims: The Teen Start class introduces teenagers to all four swimming strokes with freestyle bilateral breathing. The focus of the class is on developing fitness, water skills and stroke technique.

Assessable outcomes:

- 2 x 10m laps freestyle while maintaining correct technique and bilateral breathing timing
- 2 x 10m laps backstroke while maintaining correct technique
- Breaststroke kick – push from wall, 2–3 kick actions with glide (with aid)
- 2 x 10m butterfly kick
- Somersault
- Kneeling dive



WATER SAFETY AND CONFIDENCE	SKILLS
Kneeling dive with streamline entry	2 x 10m laps freestyle
No goggle swim	2 x 10m laps backstroke
Object retrieval deep water	Somersault with back layout
Reach rescues	2 x 10m butterfly kick
Treading water	Breaststroke kick 2–3 full kick actions
Survival backstroke	

TEEN STROKE DEVELOPMENT

Age: 10+ years

Student-to-teacher ratio: 8:1

Aims: The Teen Stroke Development class prepares swimmers for squad swimming and refines their skills in all four strokes, including starts and turns, while increasing endurance and stamina. Swimming fins are introduced to help swimmers improve the dolphin kick in the butterfly stroke.

Assessable outcomes:

- 50m freestyle with streamline start and tumble turn
- 50m backstroke while maintaining correct propulsive kick and shoulder rotation
- 50m breaststroke with correct timing
- 25m butterfly
- Freestyle and backstroke with correct starts and finishes
- Dives



WATER SAFETY AND CONFIDENCE	SKILLS
Dive with streamline entry	Freestyle endurance – correct head position with bilateral breathing Correct hand entry
Safety stride	Backstroke endurance – high stable body position and shoulder rotation
Survival swim sequence	Butterfly with correct breath timing
Reach rescues	Butterfly overarm recovery
Treading water	Breaststroke with correct timing – pull breath kick glide
Survival backstroke	

TEEN TRANSITION**Age:** 10+ years**Student-to-teacher ratio:** 8–15:1**Aims:** The Teen Transition class is for confident swimmers and develops their distance and intensity capability. Their swimming strokes are corrected for transition into the squad and performance programs.**Assessable outcomes:**

- 50–100m bilateral freestyle with 6-beat kick
- 50–100m backstroke with 6-beat kick
- 50m breaststroke with correct timing
- 25–50m butterfly with correct timing

Starts and turns

Assessment criteria in Teen Transition consists of 16 technique elements and four training capacity/endurance assessments. On completion of Teen Transition, students will be ready to progress to Teen Squad in the recreational squad pathway.



Squad swimming

The Squad Swimming program is an extension of the Learn to Swim program. The Macquarie University Swim School Squad program offers three pathways for students to continue swimming in a club environment while learning fundamental skills for personal development and growth.

DEVELOPMENT SQUADS

The Development Squads continue to develop students' swimming skills. The focus and outcomes remain the same with technique refinement and the introduction of endurance capacity measures. Development Squad members can participate in Macquarie University Swimming Club activities by attending race nights during the summer months.

Squads: Mini Squad, Emerging Squad, Teen Transition

COMPETITIVE SQUADS

The Competitive Squads are an avenue for students to explore and challenge themselves with a more in-depth drive for swimming. Students in the varying squads will attend between four and nine training sessions a week and compete on the weekend for the Macquarie University Swimming Club.

Squads: Novice Squad, Intermediate Squad, Advanced Squad

RECREATIONAL SQUADS

The Recreational Squads give teenage students the opportunity to maintain their fitness in a social and non-competitive environment. Students also use these squads as a form of cross-training for their preferred sporting endeavours.

Squad: Teen Squad

Visit sport.mq.edu.au for more information on our squad swimming program.



Swim programs

POLICY AND PROCEDURES

HOLIDAY INTENSIVE PROGRAMS

Holiday intensive programs are available for the school holidays across the year. These programs are designed to teach your child technical swim skills and strokes to complement the skills they learn and practice in their swimming lessons. Parents whose children are enrolled in any swim lessons must remain in the pool area and actively supervise their children during all lessons.

PRIVATE LESSONS

Private lessons (30 minutes) are offered to children of all ages and abilities. The teacher will cater to your child's specific needs. Contact the Swim School via email to check availability and suitability for your child. Lesson availability is determined by Swim School management.

WHAT TO BRING TO YOUR CHILD'S SWIMMING LESSON

1. Swimming costume and towel
2. Aqua nappies are compulsory for all baby and infant classes. Swim nappies are compulsory for all baby and infant classes – normal nappies must not be worn in the pool
3. Goggles and swim cap
4. Hairbands for students with long hair
5. Appropriate dry clothing and footwear for after the lesson

As part of your child's Learn to Swim membership, they also have access to the pool outside of lesson times, every member has access to recreational swimming outside of their lesson times, as long as they are accompanied by an adult. This is an opportunity to practice your child's swimming and reinforce lesson outcomes in your own time (subject to availability of the pool).

POLICY AND PROCEDURES

MISSED LESSON POLICY

Learn to Swim members may claim a maximum of 12 make-up lessons each calendar year, subject to availability. You must give a minimum of two hours notice before the start of the lesson to be eligible for a make-up class. Absences can be notified either through our Warrior Web Member's portal or email at sportprograms@mq.edu.au.

DIRECT DEBIT CYCLE AND OUTSTANDING FEES

A direct debit is made from your nominated account every second Thursday. It is the responsibility of members to provide Macquarie University, through its entity U@MQ, with updated account and contact details. U@MQ may charge a failed payment fee for each unsuccessful debit transaction as well as any associated charges. U@MQ may, at its discretion and without notice, cancel a membership if fees are in arrears. View our terms and conditions for more information.

CANCELLATION PROCESS

After fulfilling the minimum 12 weeks of a program, members may cancel their membership. The member must give a minimum 15 days notice and complete a cancellation form. If cancelling for a medical reason, the member must provide a medical certificate from a doctor within one week of the first missed lesson that states they are unfit to continue for an extended period. Any remaining make-up lessons are voided upon cancellation. Members will not be given a refund of fees for services missed before providing a medical certificate. View our Terms and Conditions for more information.

KEEP WATCH POLICY

Macquarie University Sport and Aquatic Centre supports and enforces the Royal Life Saving NSW Keep Watch policy as a part of our commitment to our patrons.

LGBTQ+ Sport Inclusion Policy

Macquarie University Sports and Aquatic Centre is committed to providing a safe, fun and inclusive environment for all people, including people of diverse sexuality and gender.

As the primary sport delivery agent on campus, being inclusive within our sport and recreation services, facilities, programs and operations reflects not only our core values but also the diversity. We're passionate about helping people lead happy, healthy and active lives.

Macquarie University Sport and Aquatic Centre celebrates diversity of sex, gender identity, gender expression, sexual orientation, intersex status, ability, skill, cultural background, ethnicity, location, religious or political beliefs, and life stage. There is a place for you in our programs, exactly as you are.

Learn gymnastics

DEVELOP YOUR CHILD'S STRENGTH,
BALANCE AND FLEXIBILITY



Gymnastics program

Macquarie University Sport and Aquatic Centre offers gymnastics programs for children from 18 months to the teenage years. Beyond that, students can join our adult gymnastics program and enjoy the benefits of remaining with the Macquarie community. We are affiliated with Gymnastics Australia and all our instructors are suitably qualified.

KINDERGYM

Our KinderGym classes give children the opportunity to learn through play. Weekly themes are designed to engage your child as they learn the fundamental emotional, social and cognitive skills needed for their transition to school.

RECREATIONAL GYMNASTICS

Our Recreational Program boasts three dynamic levels designed to promote safe progression through a range of skills. The aim of this program is to further develop each child's flexibility, coordination, spatial awareness and balance. Children develop these skills through a fun, safe and engaging class that focuses on an individual's development through the fundamentals of gymnastics, while also teaching the importance of working as a team. Grading into a suitable level is done by individual assessment.

GYMNASTICS FOR ALL

Your child can continue to develop their skills with our speciality programs, TeamGym and Trickstars, which have a further focus on tumbling and strength development. These programs are dynamic and exciting for a young gymnast.

KINDERGYM		RECREATIONAL		
PLAY GYM Age level 18 months – 3 years Class size 12 students Children learn about their surroundings and begin refining their gross motor skills. Coaches and parents work together in the class to facilitate lessons through themes, music, dance and games.	JUNIOR GYM Age level 3–5 years Class size 8 students Children build independence and further develop the skills learned in Play Gym. The coach provides structure and direct instruction facilitated by learning through play. Progress to the Recreational Gymnastics program occurs when children reach school age.	WATER (BEGINNER) Age level 5+ years Class size 12 students Classes are designed for children who have come from our KinderGym program or have little to no gymnastics experience. This level develops strength, flexibility, coordination, spatial awareness and balance.	FIRE (INTERMEDIATE) Age level 5+ years Class size 12 students Classes are designed for children who have some level of experience in the fundamentals of gymnastics or have progressed from the Water level. This level builds on already developed strength, flexibility, coordination, spatial awareness and balance.	AIR (ADVANCED) Age level 5+ years Class size 12 students Children develop advanced skills – such as leaps, handstands and cartwheels – on each of the four apparatus. Classes are designed to further develop the skills previously learned to form complex salto skills and combinations.
		WATER WHITE WATER BLUE	FIRE YELLOW FIRE RED	AIR PINK AIR PURPLE

GYMNASTICS FOR ALL

TEAM GYM		TUMBLING AND STRENGTH DEVELOPMENT	
BEGINNER Age level 5+ years Class size 12 students Classes are for children who enjoy performing routines to music and are eager to be part of a team. This level provides creativity, performance synchronisation and formations through teamwork.	INTERMEDIATE Age level 5+ years Class size 12 students Classes are designed for children who display aptitude in core key skills, enjoy performing routines to music and are eager to be part of a team. This level provides creativity, performance synchronisation, formations and teamwork.	MINI TRICKSTARS Age level 5+ years Class size 12 students Classes introduce children to correct tumbling techniques on floor and trampoline while providing foundation skills for complex tumble rows. This level also works on strength and flexibility to aid tumbling. This is a great add-on class to any of the main recreational programs.	TRICKSTARS Age level 5+ years Class size 12 students A recreational class for the gymnast who is eager to take part in a structured class that reinforces correct tumbling techniques on both floor and trampoline to develop complex tumble rows and twisting. This class increases strength ability to aid in the performance of complex skills.

KinderGym

PLAY GYM

Age: 18 months – 3 years

Student-to-teacher ratio: 12:1

Aims: In the Play Gym class, coaches and parents/caregivers work together in the class to support our little gymnasts to discover more about their surroundings, begin to develop fundamental movement skills, and develop coordination and motor skills. This is achieved through play, music, dance and games. Each lesson includes a different core focus and theme to keep things fun and exciting.

Key coaching points:

- Strengthening the parent–child bond through active play
- Creating movement using gymnastic equipment
- Building relationships with the coach and other participant
- Promoting safety and reducing risk-taking

APPARATUS	SKILLS TAUGHT
Beam	Crawling
Floor	Stepping through hoops
Reach rescues	Big and little jumps Animal walks
Bars	Hanging Moving sideways
Tramp/vault	Climbing Straight jumps

JUNIOR GYM

Age: 3–5 years

Student-to-teacher ratio: 8:1

Aims: In the Junior Gym class, coaches work with their little gymnasts to refine the skills taught in Play Gym. Children learn fundamental gymnastics skills and motor movements, using all apparatus over a two-week cycle. Each lesson includes a different core focus and theme to keep things fun and exciting.

Key coaching points:

- Develop self-esteem and confidence
- Emotional self-regulation
- Following rules and instructions
- Build strength and develop flexibility

APPARATUS	SKILLS TAUGHT
Beam	Walking Balancing objects while walking
Floor	Front support walking Happy and angry cat shaping
Bars	Swinging Bear walking sideways
Tramp/vault	Climb and turn around Star and tuck jumps

Recreational gymnastics

WATER

Age: 5+ years

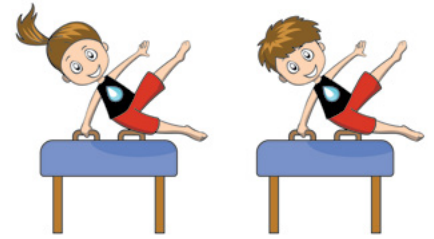
Student-to-teacher ratio: 12:1

Aims: The one-hour Recreational Water class is for beginners with little to no gymnastics experience. This class gives children the opportunity to socialise, break out of their comfort zone and learn the foundations of gymnastics through the development of flexibility, coordination, spatial awareness and balance. Students have usually progressed from KinderGym.

There are two progressive levels: Water White and Water Blue.

Key coaching points:

- Promoting body control
- Developing landing technique
- Developing key basic shapes
- Building strength for inverted skills



APPARATUS	SKILLS TAUGHT
Beam	I-T-Skier dismount Relieve hold
Floor	Bunny hops Sideways bunny hops
Bars	Hold front support Tuck swings with re-grip
Tramp/vault	Run, straight jump landing in motorbike Straight to star jump series

FIRE

Age: 5+ years

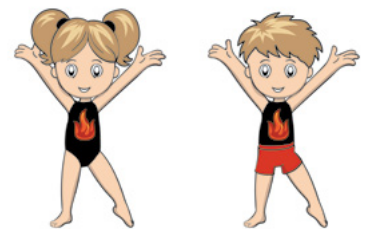
Student-to-teacher ratio: 12:1

Aims: The Recreational Fire class is best suited for children who have some experience in the fundamentals of gymnastics, this one-hour class uses basic skills to help in the development of more advanced skills, further challenging the child's strength, flexibility, coordination, spatial awareness and balancing skills. Students have often progressed from the Water level.

There are two progressive levels: Fire Yellow and Fire Red.

Key coaching points:

- Body tension
- Refine landing technique
- Combining basic shapes to perform skills
- Developing strength and flexibility



APPARATUS	SKILLS TAUGHT
Beam	Bunny hop Straight, tuck jump series
Floor	Cartwheel to lunge Back-handspring drill
Bars	Glide swing Cast to horizontal
Tramp/vault	Seat drop to angry cat Run punch jump

AIR

Age: 8+ years

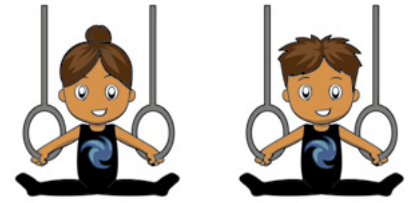
Student-to-teacher ratio: 12:1

Aims: The two-hour Recreational Air class combines the gross and fine motor skills mastered in previous levels to perform complex skills and sequences including tumbling, vaulting and bar and beam work. There is a considerable focus on strength work to further progress the child's skill ability. Air is best suited for children with previous gymnastics experience, including those who have progressed from Fire.

There are two progressive levels: Air Pink and Air Purple.

Key coaching points:

- Further focusing on strength capabilities
- Using landing to complete advanced skills
- Combining skills to create complex series
- Maintaining basic shapes and body tension through the introduction of tumbling



APPARATUS	SKILLS TAUGHT
Beam	Cartwheel to step-in Back walkover
Floor	Power start, round-off, rebound Run, punch, front somersault to land
Bars	Cast, back hip circle series Toe-shoot dismount to land
Tramp/vault	Back handspring to rebound Standing back somersault
Strength	Timed rope climb Timed handstand hold



Gymnastics for all

TEAMGYM

Age: 5+ years

Student-to-teacher ratio: 12:1

Aims: TeamGym is a competitive class that focuses on tumbling, synchronised mini-tramp, floor and dance. This two-hour class is perfect for children who enjoy working in teams, as they will compete on three apparatus: floor, single mini-tramp and tumbling.

TeamGym has two progressive levels, based on individual ability: TeamGym Beginner and TeamGym Intermediate.

Key coaching points:

- Refining group and individual balances
- Developing skills to create a series
- Developing teamwork and synchronisation
- Introducing musicality and performance styles

APPARATUS	SKILLS TAUGHT
Floor	Precision in formations Transitions Synchronisation Uniformity in execution Group performance Landing faults Balance (group and individual)
Single mini-tramp	Fluency and composition Style Landing Body posture
Tumbling	Teamwork and safety Team assembly Streaming Intensification Skills appropriate to ability Fluency and composition Style Landing

**MINI-TRICKSTARS AND TRICKSTARS
(TUMBLING AND STRENGTH DEVELOPMENT)**

Age: 5+ years

Student-to-teacher ratio: 12:1

Aims: This program is suitable for learners who have a keen interest in developing their skills to be able to tumble and form complex tumbling series. This class also has a gymnastics-specific strength focus to achieve their tumbling goals.

There are two progressive levels in this program: Mini-Trickstars and Trickstars.

Key coaching points:

- Maintaining basic shapes and body tension through tumbling skills
- Developing strength and flexibility to enhance gymnastics-specific skills
- Combining basic tumbling to create complex series
- Enhancing gross motor skills

APPARATUS	SKILLS TAUGHT
Floor	Forward walkover Side aerial
Tramp	Fly spring Round-off back handspring, back tuck
Tumbling	Chin-ups Timed dish and superman holds



Gymnastics program

POLICY AND PROCEDURES

WHAT TO BRING AND WEAR TO A GYMNASSTICS LESSON

1. Water bottle to all training sessions
2. Leotards are best for training as they do not catch on anything and they allow for a full range of movement. If your child doesn't have a leotard, they may wear a fitted t-shirt and short/pants with no buttons, zippers or snaps. Dresses or skirts are not suitable, as they pose a safety risk to participants.
3. Hair must be tied back, away from the face so as not to obstruct vision.
4. Gymnasts must not wear watches, rings, necklaces, large hair accessories or large earrings.

ASSESSMENTS

Our age-specific and capability-appropriate Gymnastics program has weekly classes. It is important to remember that all children develop and progress at varying rates. Assessments for all levels occur four times a year, usually during a single week near the end of each school term.

Assessments are done to determine your child's current ability. Following the outcome of the assessment, our qualified coaches will make a recommendation about your child's progression. At Macquarie University we use GreeneDesk, an online parent portal to keep you up to date with your child's progress. In-depth reporting helps us identify the individualised support and attention that each child needs.

HOLIDAY INTENSIVE PROGRAMS

Holiday intensive programs are available for the school holidays across the year, offering supplementary and skill-specific intensive options for your child to either improve or hone their current skills.

BIRTHDAY PARTIES

You can book a birthday party year-round, subject to availability. Make sure you read and understand the policy before committing. Your little gymnast's party will be one they'll never forget.

PRIVATE LESSONS

Private lessons (30 minutes) are offered to children aged 5 and above. Coaches will cater to each child's specific needs. Bookings can be made at the Gymnastics desk. Lesson availability is determined by the Gymnastics Management team.

DIRECT DEBIT CYCLE AND OUTSTANDING FEES

A direct debit is made from your nominated account every second Thursday. It is the responsibility of members to provide Macquarie University, through its entity U@MQ, with updated account and contact details. U@MQ may charge a failed payment fee for each unsuccessful debit transaction as well as any associated charges. U@MQ may, at its discretion and without notice, cancel a membership if fees are in arrears. View our terms and conditions for more information.

CANCELLATION PROCESS

After fulfilling the minimum 12 weeks of a program, members may cancel their membership. The member must give a minimum 15 days notice and complete a cancellation form. If cancelling for a medical reason, the member must provide a medical certificate from a doctor within one week of the first missed lesson that states they are unfit to continue for an extended period. Any remaining make-up lessons are voided upon cancellation. Members will not be given a refund of fees for services missed before providing a medical certificate. View our terms and conditions for more information.

FIND OUT MORE

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