

MINI GYM – INFORMATION AND REGISTRATION 2026

Term Dates & Times

Day:	Monday	Time:	3:45pm – 4:30pm (5-7yrs) 4:45pm – 5:30pm (8-10yrs)
	Thursday		4:15pm – 5:00pm (5-7yrs)

Class Information:

This is a recreational based class only, aimed to teach your children the basics and fundamental movements and shapes for higher level gymnastics. We will focus more on building technique and bodily control.

These classes are held weekly, during the school term at the Singleton Heights Sports Centre.

Registration Fees:

The fees for this class are paid in a term-by-term basis, a 10-week term comes to \$150.00. New students are welcome to a one-off casual trial of \$15 before deciding to enrol for the remainder of the term. If a student should enrol part way through the term they are only required to pay the remaining balance of that term.

Registration Process:

Step 1

All parents/guardians must complete the Mini Gymnastics Registration Form for each child, if this form isn't received, your child cannot attend the gymnastics session.

Step 2

Pay the registration fee (by the term) to the Singleton Heights Sports Centre before or during the first lesson.

Dress Code:

All students must have:

- Tight, comfortable clothing (no loose shirts, skirts, or tassel items)
- Hair out of face
- No jewellery, with the exception of studs or sleeper earrings

Safety on the Mat

- No socks/shoes

- No food/drink
- Tumble/jump on the mat only

Coach details

Name: Sami Udy
Email: sudy@belgravialeisure.com.au

Medical Requirements

If your child has a record card or medical condition the coach needs to be aware to then shape and plan the lesson with these abilities in mind. We welcome all children to come and try, each exercise can be adapted to suit any need.

Behaviour and Structure

All students and parents are to respect the venue and staff at Singleton Heights Sports Centre. We treat others with kindness, curtesy, and acceptance, we do not discriminate and strive for an inclusive environment.

Class Structure:

- Warm-up – 10-15mins will be stretching and warming the body – if you arrive after the warm-up, we cannot accept your child into the session.
- Skills – Each week we will focus on 1-3 fundamental skills, these range from bodily control to hand-eye coordination, each just as important for child development.
- Obstacle course or round robin stations – there is always an element of fun within class – building positivity and friendships is a priority.
- Cool Down – this is a 5-minute stretching session to cool down the muscles and to increase and maintain flexibility.

MINI GYM – REGISTRATION

Student Information	
Name:	
Date of Birth: / /	Gender:
Street Address:	
Suburb:	Postcode:
Medical Conditions:	
Shirt size:	Colour (please circle): Pink / Blue

Parent/Guardian Information
Name:
Mobile:
Email:

Emergency Information	
Emergency Contact:	
Relationship to Student	Mobile:

Class attending (please circle)

Mon 3:45 – 4:30pm

Mon 4:45 – 5:30pm

Thurs 4:15pm – 5:00pm

Parent/Guardian Name: _____

Date: / /

Signature: _____