

GYMNASTICS

www.mordialloccommunitycentre.org.au

MCC Gymnastics

What you need to know

Mordialloc Community Centre Inc. 115A Warren Road, Parkdale, 3195

What You Should Know

Our Gymnastics program aims to provide children with skills through a variety of apparatus in a fun relaxed atmosphere, leading onto competition level if so desired. All children are registered with the peak body Gymnastics Victoria and these annual fees are in addition to class fees.

All classes are once per week, unless it is a squad class.

Gymnasts have the option to join a squad class by invitation only.

Our Classes

Beginners	5-6 years (must be in primary school)
Junior	7-9 years
Intermediate	10-12 years
Advanced	13+ years

The Junior, Intermediate and Advanced levels are further broken down based on ability. These will be titled as Blue or White. White being the more advanced stream.

Beginners	1 hour
Junior	1.5 hours Blue and White subdivisions
Intermediate	2 hours Blue and White subdivisions
Advanced	2.5 hours Blue and White subdivisions



Our Enrolment Process

At Mordialloc Community Centre all our activities are run on a term by term basis.

This means that it is necessary for families to re-enrol into their chosen activities and pay in full prior to each new term starting. You will receive a reminder email prior to the enrolment period, however it is ultimately your responsibility to enrol on time to avoid losing your spot. MCC will not be held responsible for late enrolments that result in disappointment.

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GYMNASTICS

Our Gym Uniform

Shorts or leggings and t-shirt, or a black leotard.

All gymnasts are required to wear either the club training leotard or plain black sleeveless leotard to class.

Plain black leotards can be purchased from Kmart or similar department store.

Training leotards can be purchased at the office.



Please note there are to be no zips, buttons, or denim as these can cause damage to the equipment and injury to the gymnast.

Gymnasts are not permitted to wear jewellery, watches, apple watches or Garmin's etc to class.

MCC will not be responsible for lost or misplaced items.

Our Class Viewing

We do not permit parents/carers in the gym whilst the gymnasts are training. This is a safety issue as there is limited space surrounding the equipment. It can also be a distraction for coaches and gymnasts.



Our Gym Rules

No food in the gym – water only

A water drink bottle is required during each class

No shoes to be worn in the gym

No running unless otherwise instructed

No admittance to the stage area unless instructed

Do not enter the gym unless your coach has arrived and invited you in

Have fun and stay safe – be aware of your surroundings

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