



Payneham Youth Centre Cooe Club Inc.

Members

HANDBOOK

welcome

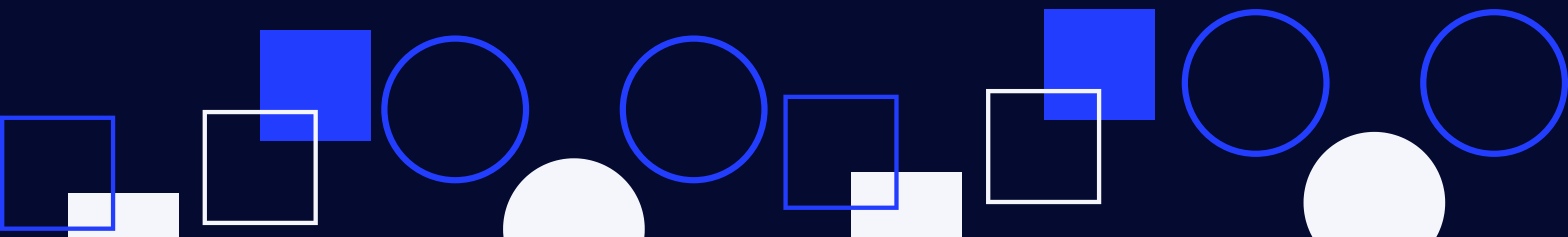
About PYC



Payneham Youth Centre is a non-competitive Gymnastics for All club.



WE RUN CLASSES IN:
KINDERGYM PLUS
GYMANSTICS
TEAM GYM
RHYTHMIC
GERMAN WHEEL
PERFORMANCE GYMNASTICS





vision

To be a premier Gymnastics for All Club, developing fun, friendship, fitness and fundamentals in a supportive and caring environment.

'GfA – A Gateway to the World'

Mission

To provide to the community a high-quality Gymnastics for All Program, which Allows gymnasts to build friendships through participation in local, national and international gymnastic, Wheel Gymnastics and Performance events.

Volunteering

The Committee and all junior coaches of Payneham Youth Centre all volunteer their time to support the running of the club. Contact the club if you would like to volunteer in any way.

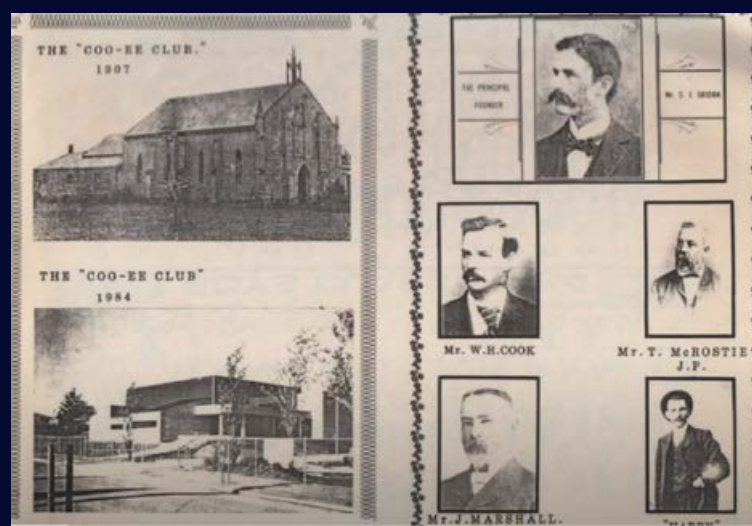
OUR History

ESTABLISHED 1897

On June 4, 1897 the Payneham Boys Club held its first class for boys 12 years old and over. Classes were held in the "Cooee Hall" in Henry Street, bought in 1904 by the Club for 150 pounds. In 1905 ladies classes were added to the programme and the Club was renamed the Cooee Club.



A continuous growth in programmes followed, halted only by a fire in 1915 which destroyed the roof and the two World Wars when the premises were used for other purposes. The Centre has at various times had Boys & Girls Gymnastics, Boxing, Judo, Self-defence, Marching Girls, Tennis, Cricket and Volleyball.



During the 1960's the need for larger premises became apparent. Plans were drawn and negotiations with the City of Payneham were implemented. It took until September 1978 when a joint venture with the Payneham Youth Centre, the City of Payneham and the Education Department of SA meant the Club was able to move into its current premises.



Programs

KINDER GYM PLUS

This Class is for children 2-5, Kinder Gym Plus aims to develop basic coordination, balance, spatial and body awareness in a fun environment. Working with a parent/guardian the children use all the equipment in the gym including bars, rings, beam, and trampolines. Kindergym is a fun, exciting, and strong start to a future in gymnastics and any sport.

GYM FOR ALL

This class is suited for children 5+, Gym Mix is a Program that offers a fusion of all Gymsports, including hand apparatus, large apparatus, acrobatics, springing activities and display gymnastics and TeamGym. Gymnasts have the opportunity to explore all these aspects of Gymnastics. Focusing on fundamental movement patterns that help kids progress into more advanced skills or activities.

GERMAN WHEEL GYMNASTICS

German Wheel (Rhoenrad in German) is a form of gymnastics performed in a giant metal wheel and combines skills that involve timing, balance, strength and flexibility. German wheel can be practised by gymnasts with varying levels of fitness and ability.

RHYTHMIC GYMNASTICS

Rhythmic Gymnastics is the perfect combination of sport and art, linking expressive dance steps with skilful manipulations of the ball, rope, ribbon, hoop or clubs. Perfecting the art of throwing, spinning, spiralling, rolling, and catching. Rhythmic gymnasts become strong, flexible, agile and coordinated.

ADULT GYMNASTICS

Our Adult Gymnastic session is designed for 18 years and over, who are either new to gymnastics or have experience. Gymnasts have the option to work with a coach in a structured warm up and skills development session or can work independently on their own programs.







SESSION TIMES

GYMNASTICS

WEDNESDAY*

4:00PM - 4:50PM - PRE GYM (3 - 5 YEARS)

5:00PM - 6:00PM - GYM MIX

6:00PM - 7:00PM - GYM MIX

7:00PM - 8:30PM - GYM MIX

FRIDAY*

4:00PM - 4:50PM - PRE GYM (3 - 5 YEARS)

5:00PM - 6:00PM - GYM MIX

6:00PM - 7:00PM - GYM MIX

7:00PM - 8:30PM - GYM MIX

GERMAN WHEEL

TUESDAY*

4:30PM - 6:00PM - JUNIORS (MINIMUM AGE 8)

6:00PM - 7:30PM - SENIORS

RHYTHMIC GYMNASTICS

THURSDAY*

5:00PM - 6:30PM

ADULT GYMNASTICS

THURSDAY*

6:30PM - 8:30PM

*PLEASE NOTE, SESSION TIMES ABOVE MAY VARY. TO CONFIRM PLEASE CONTACT THE CLUB.



FEES Structure

All Gymnasts pay an annual fee \$50.00. This is a one-off yearly charge for membership to Gymnastics Australia.

Gymnastics – Pre Gym 4pm

·Term fees: \$100.00

Gymnastics – GfA 5, 6 and 7pm

·Term fees: \$150.00

German Wheel

·Term fees: \$150.00

Rhythmic Gymnastics

·Term fees: \$150.00

Adult Gymnastics

·1 session : \$15.00

·10 session pass: \$100.00 (to be used in 6 months)

TERM FEES - are to be paid within 2 weeks of the commencement of each term

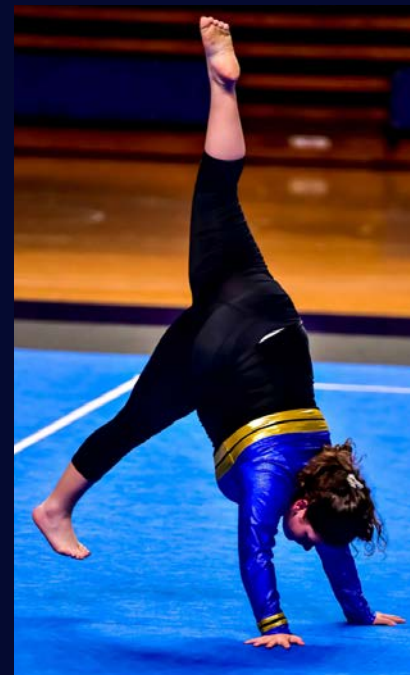
The preferred payment method is EFT

BSB: 105 069

Account: 2760 11240

Bank Name: Payneham Youth Centre

Reference: invoice number and childs name



EXPECTATIONS IN OUR CLUB



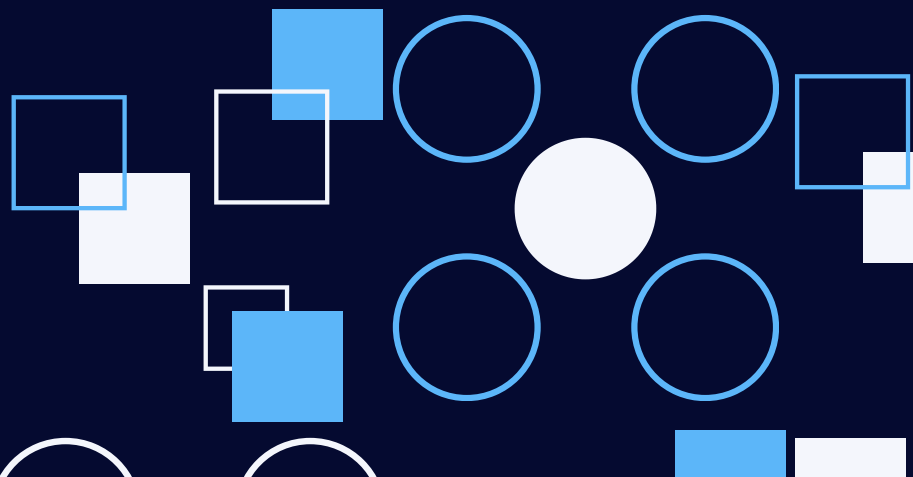
- Check in at the front desk - if attended
- Arrive on time to class - warm up is an important part of the session.
- On arrival - Shoes, drink bottles and clothing are placed in the cupboards



- Parents are welcome to stay and watch, but remember to leave the coaching to the coach.
- Gymnasts should bring a drink bottle with them to the sessions.



- No food or chewing gum should be eaten out on the floor
- Gymnasts should ask the coach to leave the floor. They will be given toilet and drink breaks at regular intervals.
- We love to hear your feedback and suggestions - please feel free to speak to our head coach, staff or committee members



CLUB UNIFORM



Gymnasts wear:

- PYC t-shirt
- Black shorts
- Black Leggings
- Black or Blue Track pants

The first t-shirt will be provided to the Gymnast upon initial registration payment with the club. Additional t-shirts can be purchased for \$15.00 from the front office.



COMPETITION UNIFORM

7 pm gymnasts involved in TeamGym and other events will require the club leotard or top, these can be ordered prior to an event.



Coaching

AT PAYNEHAM

QUALIFIED COACHES



At Payneham all our coaches hold Gymnastics Australia coaching accreditations. Our head coach is responsible for developing and implementing a dynamic GfA program, that challenges our gymnasts.

With the financial support of the club, our coaches are continually updating their skills a knowledge to ensure the most up to date techniques, coaching and teaching skills are being followed.

Coaches are required to have:

- WWCC
- Coaching accreditation
- Gymnastics Australia Child Safety Course

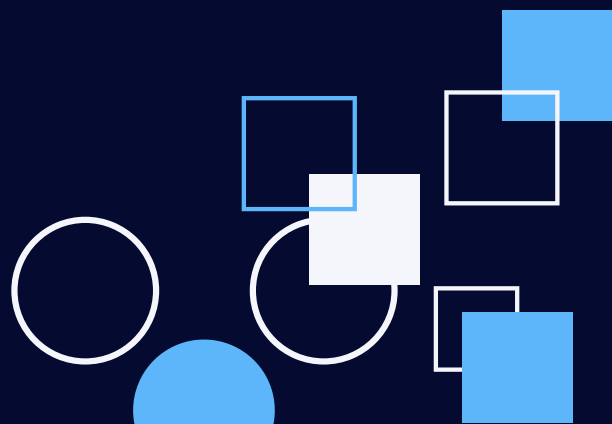


JUNIOR COACHING PROGRAM

Our junior coaches start from 10 years old. Gymnasts who show an interest in coaching, volunteer their time to support younger athletes. As a part of this program these coaches have the opportunity to work alongside experienced coaches in our club to gain valuable knowledge and understanding of the expectations of being a coach.

When these participants are prepared we then transition them into gaining their beginner Gymnastics Australia coaching accreditation.

If you would like more information regarding our coaching pathways, feel free to speak to a member of our team.



IMPORTANT information



FEES AND ENROLMENTS

- TRIALS ARE HELD TOWARD THE END OF EACH TERM ONLY. NEW MEMBERS ARE ABLE TO ATTEND A TRIAL SESSION WITHOUT A JOINING COMMITMENT.
- FULL TERM FEES ARE TO BE PAID BY THE SECOND WEEK OF EACH TERM.
- PYC HAVE AN ELECTRONIC ADMINISTRATION SYSTEM, THIS IS USED FOR SESSION ROLLS AND INVOICING. ALL GYMNAST MUST BE REGISTERED VIA OUR ENROLMENT SYSTEM REVOLUTIONISE: NEW MEMBERS REGISTRATION AND MEMBERS LOGIN
- PYC IS AN APPROVED SPORT VOUCHER PROVIDER. FURTHER DETAILS CAN BE FOUND AT WWW.SPORTSVOUCHERS.SA.GOV.AU OR BY CONTACTING THE CLUB.
- SHOULD THE FEES REMAIN OUTSTANDING AFTER THIS TIME, GYMNAST ARE NOT COVERED BY INSURANCE AND MAY NOT PARTICIPATE IN THE SESSION AND THE GYMNASTS POSITION WITHIN THE CLUB COULD BE FORFEITED. TERM FEES ARE NON-REFUNDABLE
- ACCOUNT REMINDERS ARE EMAILED AND IT IS THE RESPONSIBILITY OF THE PARENT/GUARDIAN TO ENSURE ALL FEES ARE UP TO DATE. ANY QUERIES CAN BE EMAILED TO THE CLUB OR DISCUSSED WITH FRONT OFFICE DURING SESSION TIMES.
- FIRST TIME MEMBERS WILL RECEIVE A COMPLEMENTRY T-SHIRT ONCE FEES ARE PAID.
- NON-MEMBERS ARE NOT PERMITTED TO USE THE GYM FACILITIES
- ENROLMENTS CAN BE FORFEITED IF THE CLUB IS NOT NOTIFIED OF ABSENCES OF MORE THAN THREE WEEKS.
- MEMBERSHIPS CAN BE REFUSED AND TERMINATED AS STIPULATED IN THE CLUB CONSTITUTION (SECTION C, PARAGRAPH D). "A MEMBER IS SUBJECT TO IMMEDIATE EXPULSION FOR ANY ACTION, WHICH CONTRAVENES THE OBJECTS OF THE PAYNEHAM YOUTH CENTRE COOEE CLUB INC." THE MANAGEMENT COMMITTEE SHALL DECIDE ON THE EXPULSION AND APPEALS AGAINST SUCH EXPULSION.





PYC

contact



0437 911 556 (not always attended)



paynehamyouthcentre@hotmail.com.au



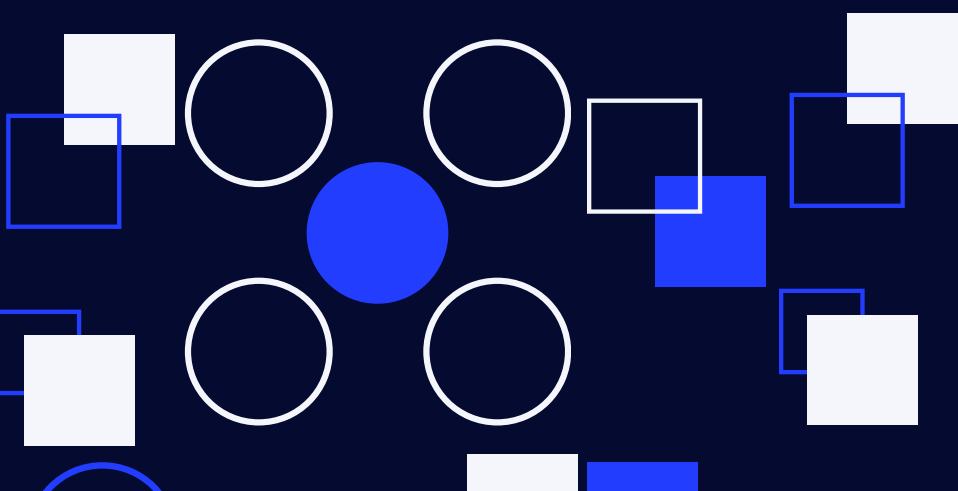
24 Turner Street, Felixstow



<https://www.revolutionise.com.au/paynehamyouth/>



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