



# SCHOOLS GYMNASTICS PROGRAM

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2026



## Gymsport

BTYC's 'AT CLUB' and 'AT SCHOOLS' programs provide quality and innovative coaching through the implementation of LaunchPad Foundation gymnastics in all its Gymsport forms that is all inclusive, safe, challenging, and enjoyable. BTYC creates an environment that inspires participants of all abilities to reach beyond their expectations and realize their potential.

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## BTYC Schools Program

Our aim is to introduce Primary and Secondary school aged students to the wonderful world of gymnastics by teaching them foundation basics through a range of fun and challenging activities that incorporates many of the different Gymsports.

These other gym sports can include trampolining, tumbling and Aerobics and our sessions can be tailored to meet any specific requirements.

Our program is complimentary to the VCAA Curriculum: Health and Physical Education. We also meet the requirements of the Perceptual Motor Program (PMP) for Primary Schools.

## Program Aims

- Present a challenging, fun, and safe environment.
- Improve co-ordination for body awareness and balance.
- Develop strength and flexibility, for life's constant challenges.
- Assist in developing posture and confident body movement.

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## Benefits of Gymnastics

- Increases creativity and develops self-confidence, for sport and life.
- Develops healthy minds and bodies for present and future life.
- Improves coordination and agility, for body awareness and balance.
- Develops posture and confident body movement, including the ability to land safely which can be applied to many different situations.
- Assists with strength and flexibility, for life's constant challenges.

# School Program Expectations

**At BTYC the safety of all athletes and coaches is our number one priority.  
All our coaches are professionally qualified gymnastics coaches with current CPR and First Aid training and Working With Children's Checks.**

While running our programs we have a number expectations of all athletes, coaches and BTYC members. Although it is rare for BTYC Staff to have to enforce these expectations, they are outlined below for all to follow and are in place to keep the gym environment safe for all.

## **Athlete Expectations**

It is expected that all athletes follow the club rules to the best of their abilities during sessions. Following the coaches instructions, giving safe space for the active athletes and respecting individuals is vital to running a positive and efficient gymnastics class.

## **Accompanying Teachers Expectations**

It is expected that **ALL attending teachers assist** in active class management of the students during sessions. This gives the students the best possible outcome of a positive gymnastic experience.

## **Clothing**

We recommend that each student wear appropriate clothing for the gym session with all long hair tied back. This includes bare feet as some equipment and skills can result in slipping or rolling of ankles when wearing socks or shoes. Any Fitbits, watches or jewelry, and objects in pockets should be removed before class starts. BTYC and its coaches are not responsible for broken or lost items.

## **Discipline**

During classes coaches will be strictly enforcing the following 3 warning system (in severe instances coaches may need to skip First and Second Warnings) :

**First Warning:** Issue a verbal warning.

**Second Warning:** 5 minute break from class.

**Third/Final Warning:** Removal from class for the duration of the session.

**BTYC looks forward to welcoming your school again in 2026 and appreciate your ongoing support in keeping our gymnastics environment a safe one.**

# ‘AT CLUB’ School Program

BTYC Gymnastics Club is committed to the ongoing success of our ‘AT CLUB’ school program. Our club is situated at 360 Springvale road, Donvale, Melbourne in the Manningham DISC.

Schools can book timeslots for BTYC’s ‘AT CLUB’ Schools Program during the following times:

- Monday 12.30pm – 3.00pm
- Tuesday 12.30pm – 1.30pm
- Wednesday 12.30pm – 3.00pm
- Thursday 9.00am – 12.00pm
- Friday 12.30pm – 1.30pm

## ‘At Club’ Class Structure

Sessions consist of warm-up and circuits. Circuits will be conducted on the large array of gymnastic apparatus available at BTYC. Each circuit is explained and demonstrated as they go, teaching safety and key foundation gymnastics techniques.

## Ratio

BTYC coach to student ratio is 1:15 students MAXIMUM. BTYC aim to minimise possible risk of injury with this combined effort: smaller group to coach ratios and active teachers to ensure students are supervised as they move circuits. A 1:10 ration is recommended.

## Arrival

School groups are to arrive at least 10 minutes prior to session start time.

School students are required to wait upstairs in our viewing area until spoken to by a coach. In this time they can prepare for class by taking shoes, socks, watches and other loose items off.

# ‘AT SCHOOL’ School Program

BTYC Gymnastics Club is committed to the ongoing success of our ‘AT SCHOOL’ schools’ program. We primarily focus on schools located in the Eastern Suburbs of Melbourne, and our coaches are often coming or going from our gymnasium in Donvale to deliver schools gymnastics programs.

Times can be booked between Monday to Friday, 9am – 3:30pm.

Back-to-back sessions are preferable due to coach availability and scheduling.

## Program Outline

Our main programs will be available in 45 - 60-minute sessions. Please note, this can be negotiated depending on school timetable requirements.

## ‘At School’ Class Structure

Sessions consist of a warm-up and circuits. Circuits will be conducted using the school’s gymnastics equipment or BTYC can organise for equipment to be transported to the school for an extra fee, providing the equipment can be stored safely and securely. Each circuit is explained and demonstrated as they go, teaching safety and key foundation gymnastics techniques.

BTYC coach to student ratio is 1:28 students.

## Circuits and Equipment

Sessions consist of a warm-up and circuits. Circuits will be conducted using the school’s gymnastics equipment or BTYC can organise for equipment to be transported to the school for an extra fee, providing the equipment can be stored safely and securely. Each circuit is explained and demonstrated as they go, teaching safety and key foundation gymnastics techniques.

If you have any specific requirements for your class, please just email prior to the commencement of your sessions or during the booking process.

# ‘AT SCHOOL’ School Program

## Program Outline

Our main programs will be available in 45 - 60-minute sessions.

Please note, this can be negotiated depending on school timetable requirements.

## Movement and Physical Activity Program Basics:

### Level 1 (Prep)

Perform basic motor skills and movement; follow rules and procedures and learn to share equipment and space safely.

### Level 2 (Grade 1 – 2)

Perform basic motor skills and some more complex skills; demonstrate control when undertaking locomotor activities requiring change of speed, direction, and level; follow rules and procedures and use equipment and space safely.

### Level 3 (Grade 3 – 4)

Perform a broad range of motor skills and apply them to basic situations; follow safety principles in games and activities; undertake games in the manner of ‘fair play’.

### Level 4 (Grade 5 – 6)

Refine basic and complex motor skills and apply these skills in increasingly complex games and activities.

### Level 5

Perform proficiently motor skills which are appropriate to specific games, activities, and sports.

### Level 6

Evaluate individual and group tactics, skills and movement patterns employed in games, physical activities, and sports, to improve performance.

### Level 7+

Continue to develop and strengthen body and special awareness and begin to identify how biomechanics and physics plays a part in gymnastics.

# Pricing and Booking

## Booking and Payment Process

1

Complete a booking form and email through to:  
[pierce@btycgymnastics.org.au](mailto:pierce@btycgymnastics.org.au)

It is recommended to book a minimum of 6 weeks in advance or prior to booking commencement to ensure dates and time slots are available.

2

A return email to you will confirm available classes, dates, and times.

If the requested dates or times are not available, possible alternatives will be listed.

Please advise if any of the attending students have any current medical conditions.

3

*Pricing 2026 (GST Inclusive) will be filled out by BTYC and require confirmation before finalising the booking.*

*Prices can be found on the following page.*

4

After gymnastics program has finished the BTYC Accounts team will bill the school via Xero within 1-2 weeks.

*\*Please advise if receiving a grant from Sporting Schools\**

# Pricing and Booking

## 'At Club' Prices

Hours	Cost Per Student	Min. cost per Session
45 mins	\$7.60	\$190
1 hour	\$8.80	\$220
1.5 hour	\$13.20	\$330

## 'At School' Prices

Hours	Cost Per Student	Min. cost per Session
45 mins	None	\$180.00
1 hour	None	\$240.00
1.5 hour	None	\$360.00

## Additional Costs

Travel allowance: If the session is an 'At School' and destination is 15 min or more drive from BTYC (to be determined by BTYC).

**Travel – \$75 Per Day**

Equipment Hire: BTYC can provide schools with equipment, to be safely stored at the school, to enable students to experience a broader range of gymnastics activities and help improve the quality and enjoyment of the class.

**Equipment Hire/Transport - \$450**

Please see following page for booking policies and rules.

# Booking Policies

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There is a **100% charge** for classes that are changed/cancelled **within 24 hours** prior to booking commencement.

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There is a **50% charge** for any bookings cancelled **within 72 hours** prior to booking commencement.

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At School bookings must include a **minimum of 2 hours** worth of sessions per day.

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If multiple sessions in a day are **separated by more than 1 hour**, the school will be invoiced for the intervening time. **\$150**

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An administrative fee will be charged for any **schedule adjustments or additions made by the school within 7 days** of booking commencement.  
**\$150**

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# General Information

## POLICIES & PROCEDURES

BTYC Gymnastics has a number of Club Rules, Policies and Procedures that relate to all classes and general operations. This information, along with other valuable information, can be viewed at the BTYC website.

## CHILD SAFETY

BTYC Gymnastics is committed to the safety, wellbeing and empowerment of all children and young people accessing our programs and services, including indigenous children, those from culturally and linguistically diverse backgrounds and children and adults with disability.

The following policies and reporting are available on our website.

- Child Safety and Child Friendly Policy.
- Child Protection Statement.
- Child Safety Requirement Policy.
- Reporting a child safe concern.



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**SUBSCRIBE**

# General Information

## Committee

BTYC Gymnastics is a 'committee-run organisation'. The BTYC Committee of Management meets once per month to look at the strategic and budgeting aspects of the Club. It is vital to maintain a strong Committee to ensure the successful running of our Club. The Committee aims to have at least one parent representative from each Program on the Committee at all times.

If you are interested in joining the committee, please speak with either the General Manager or Club President.

BTYC Gymnastics is a 'Not for Profit' sporting Club, and as such, relies heavily on parent involvement and help in a variety of different areas throughout the year. You will receive regular e-mails and notices advising of any assistance sought with competitions, Club activities etc.

