

# TRAMPOLINE & TUMBLE RECREATIONAL HANDBOOK 2026



# BTYC T&T Rec Handbook 2026

## Important information

This handbook provides important information about your child's enrolment in the Trampoline & Tumble Recreational program at BTYC Gymnastics and the conditions of participation. This document is subject to change and will be communicated to you via email when any changes occur. Everything you need to know about the program is included in this handbook.

For any queries or questions about our T&T recreational program please contact Jordan.

**Email:** [jordan@btycgymnastics.org.au](mailto:jordan@btycgymnastics.org.au)

### Program Aims

- Learn to flip and sault in a fun, safe and inclusive environment.
- Build Fundamental skills and shapes of Trampoline Gymnastics.
- Improve bodily and aerial awareness.
- Develop strength and flexibility.
- Assist in developing posture and confident body movement.

### 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.



# Apparatus

## **Tumbling**

Tumblers perform two passes demonstrating sequences of forward, backward and sideward skills, rotating from hands to feet and feet to feet.



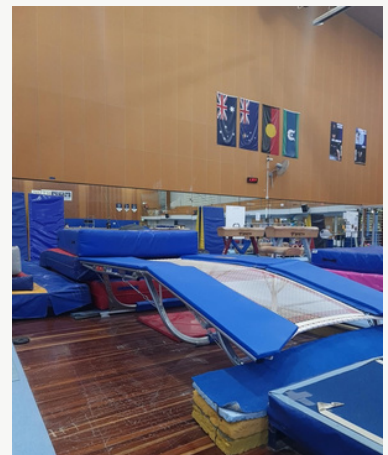
## **Individual Trampoline**

A single competitor performs routines combining ten different skills, judged and scored on the quality of performance, the degree of difficulty and the time of flight.



## **Double Mini Trampoline**

Two skills are performed in sequence, one on the Double Mini Trampoline bed and one to dismount.



# Classes

## **Tiny T&T (Ages 5–7)**

Our Tiny T&T class is the perfect introduction to Trampoline & Tumbling for our youngest athletes! This fun and engaging class builds coordination, confidence, and body awareness through basic trampoline, tumbling, and strength activities. Athletes will learn foundational skills such as safe jumping, landings, rolls, and shapes, while also learning routines from the Australian Levels Program for trampoline gymnastics—all in a supportive and encouraging environment.

## **T&T ALP Levels (Ages 7–9)**

Our T&T Levels class is designed for athletes aged 7–9 who are ready to take their skills to the next level. Gymnasts will continue building strong fundamentals while starting to learn flips and salto elements. The program focuses on developing technique, strength, and confidence across both trampoline and tumbling, following the Australian Levels Program from Level 3 and above. Athletes will progress through skill development and routines in a fun, safe, and supportive environment.

## **T&T ALP Levels (Ages 10–15)**

Our T&T Levels class for ages 10–15 is designed for athletes ready to take on more advanced trampoline and tumbling skills. This program focuses on refining technique and control while learning elements such as whips, flics, saltos, and twisting saltos. Athletes will work through the Australian Levels Program from Level 4 and above, developing strength, confidence and new skills.

## **Advanced T&T Rec (Ages 8–11)**

Our Advanced T&T Rec class for ages 8–11 is designed for gymnasts with prior experience in trampoline and tumbling or any gymnastics who are ready to take the next step. Athletes who have already developed skills such as flics, whips, and other Level 4+ elements from the Australian Levels Program will find this class a great fit. The focus is on learning saltos and progressing towards advanced skills in a supportive, fun, and challenging environment.

## **Advanced T&T Rec (Ages 12+)**

Our Advanced T&T Rec class for ages 12 and above is aimed at gymnasts with established foundations in trampoline and tumbling or other gymnastics disciplines who are ready to extend their abilities. Gymnasts with experience in flics, whips, and Level 4+ skills from the Australian Levels Program will thrive here as they work towards mastering saltos, twisting elements, and higher-level progressions.

*\*For any enquiries on age cross over or confusion about which class is correct for you gymnast please contact the T&T Program Manager\**

# Levels

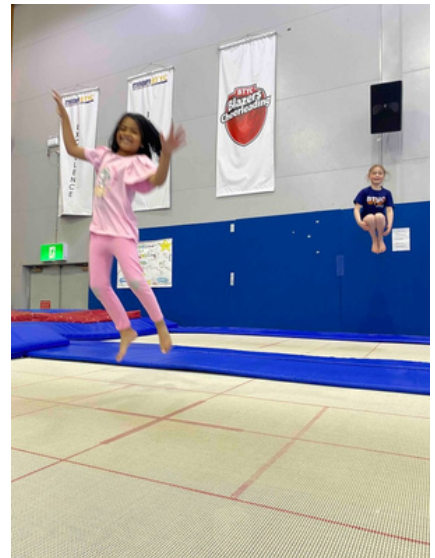
## Skills developed in each level

Levels	Tumbling	Trampoline	Double Mini Trampoline
1	Forward Rolls Backward Rolls Handstands	Seat Drop Half Turn Full Turn Basic jumps	Basic jumps Landings
2	Cartwheels Cartwheel Connections Handstand Forward Rolls Round Offs	Back Drop Front Drop $\frac{3}{4}$ Front Sault Back Over Combos	Half Turn Full Turn Combos
3	Back Handsprings Round Off Connections Developing Back Saults	Front Sault Back Sault Cat Twist Seat Roller Combos	Front Sault Back Sault 1 $\frac{1}{2}$ Turn Combos
4	Back Handspring Connections Back Saults Developing Twisting	Barani (Front half) Rebound Combos	Barani
5	Back Fulls Developing Whips Developing Double Saults	Back Full Rudi (Front 1.5 twist) Cody Ballout Developing Double Saults	Back Full Front Full Rudi (Front 1.5 twist) Developing Double Saults



# Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny T&T Age 5-7 4-5pm		Tiny T&T Age 5-7 4-5pm	Tiny T&T Age 5-7 4-5pm		Tiny T&T Age 5-7 10-11am
ALP T&T Age 7-9 5-6pm	ALP T&T Age 7-9 4-5pm	ALP T&T Age 7-9 5-6pm	ALP T&T Age 7-9 5-6pm	ALP T&T Age 7-9 4-5pm	ALP T&T Age 7-9 11am-1pm
ALP T&T Age 10-15 6-8pm		ALP T&T Age 10-15 6-8pm			
				Advanced T&T Age 12+ 5:30-7:30pm	Advanced T&T Age 8-11 1-3pm



# Tuition and Payment

## Autopay

For payments of fees, BTYC has the option of direct debit from a bank account or a credit card. This is BTYC's preferred method of payment. We use the services of Integrapay along with our current banking institution Westpac and payment gateway provider PayWay so you can be assured of security of your payment details in line with legislation.

On the 15th of every month, the monthly class charge will be added to your iClass account and on the 1st of the following month through our Autopay system; we will withdraw funds from your nominated bank account or charge your credit card for the total amount outstanding on your statement. For this Autopayment to occur, we require you to input and save your nominated payment details into your account on the iClass Customer Portal or contact the office for assistance on 9841 4773.

## Withdrawal From the Program

Any gymnast who chooses to withdraw from the Recreational program is required to give two weeks written or verbal notice.

## School and Public Holidays

BTYC Gymnastics does not operate during public holidays. You will not be charged for classes that fall on these days.

Recreational classes do not run during School holidays, however, there is optional Holiday Program sessions available that you can book into and pay for at time of booking.



# Absences

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If you know you are going to be absent, we appreciate being informed so we can plan for the class appropriately. To notify of an absence please email the admin team, [admin@btycgymnastics.org.au](mailto:admin@btycgymnastics.org.au) or call the office on 9841 4773

## Make up Classes:

For the recreational classes you are allowed a maximum of 2 make ups per term that can be booked into in the school holidays.

This means, if you have had 2 or more absences in a term, you can do 2 make up classes in that term holidays. If you have 1 absence in a term you can only do 1 make up class in that term holidays. If you have not had any absences in a term you are not eligible for any make up classes in that terms holidays. If you have missed the opportunity to do the term make up class or have more then 2 absences they **do not** roll over to the next term.

# Uniform

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- BTYC have a free Recreational T-shirt that your child will receive as part of their enrolment into any recreational class. This is not a compulsory uniform, but we encourage the children to wear it for training.
- Socks are required for Tramp & Tumble classes!
- Hair must be tied up.
- No Jewelry or watches to be wore while training.





# Communication

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A vital key to the success of any program at our Club is 'parents'. From the commencement of the term, we endeavour to establish effective methods of communication between the Club, Coaches and parents. This helps to ensure a clear understanding of Club program expectations, protocols and policies.

BTYC has a policy to deal with the handling of complaints. In the event that you wish to make a complaint, please speak directly with the Program Manager or scan the QR code around the gym to submit a complaint. Options for further escalation can be outlined at this point, if needed to the General Manager.

If the matter relates to Child Safety, please contact the office on 9841 4773. For member protection information please contact Paula Hay, General Manager, at [paula@btycgymnastics.org.au](mailto:paula@btycgymnastics.org.au).

# Social Media

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BTYC Gymnastics understands that many gymnasts may have access to social media/social networking platforms. When used in the correct manner these platforms can facilitate connections between gymnasts when outside of the gym. This can be beneficial to the growth of friendships and the social connection of a group.

BTYC Gymnastics has a zero tolerance for bullying within our facility and our expectation is that this policy continues from inside the gym to the online platform. Any allegations of online bullying between BTYC gymnasts will be taken seriously and all involved parties will be contacted by BTYC staff so that a resolution may be reached. Any cyber bullying from one BTYC gymnast to another may result in disciplinary action. In extreme cases they may include suspended or expelled from the club.

# Medical Conditions

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BTYC Gymnastics is an inclusive Club. We also have a comprehensive asthma policy and anaphylaxis policy to ensure that all participants are catered for.

It is essential that families advise the Club of any medical conditions prior to commencing training.

Any athlete who requires medical attention for an injury obtained within or outside of the Club, is required to supply a medical certificate and documentation from their medical practitioner regarding activities that can and cannot be completed by the athlete. BTYC are accommodating of athletes who are carrying injuries, and are happy to modify programs within guidelines by a medical practitioner.



# Expectations for gymnasts

## Gymnasts Code Of Conduct

ALL gymnasts training at BTYC Gymnastics are required to abide by the following Code of Conduct:

- Come to training appropriately attired, (See BTYC uniform policies). Long hair must be tied back. No hair pins or clips. No jewellery, watches or items in pockets
- Bring your own drink bottle. Do not consume drinks other than water on the floor area
- Listen and fulfill your Coach's instructions to the best of your ability
- Do not argue with an Official or Coach. If you need clarification, approach your Coach or have your parent approach the Official / Coach after the competition / training session and ask for clarification
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- Do not use bad language (swearing) under any circumstances
- Stay with your Coach and squad at all times and seek permission from your Coach to leave the group, e.g. to go to the toilet
- Be safety conscious and look where you are going. No running. Look before walking in front of other equipment, e.g. vault
- Disclose any specific medical conditions, injuries or illnesses your child may have using the child's medical section in the customer portal and if it is a new injury, discussing with the coach before the start of a training session
- Do not enter the gym area or go on equipment under any circumstances unless supervised by your Coach in a class
- Follow BTYC uniform policy for official events.

## Discipline

BTYC Gymnastics has a specific policy which outlines the process in the event that an athlete breaches the Gymnast Code of Conduct. Consequences depend on the severity of the breach and will include, but are not limited to, the following:

- issuing a warning, requiring verbal or written apology;
- a letter of reprimand from BTYC Gymnastics Club Inc.;
- counseling from the Program Manager or General Manager; and / or
- removal / suspension from the Club.



# Expectations for Parents

## Parent Code Of Conduct

**ALL parents/guardians who have gymnasts training at BTYC Gymnastics are required to abide by the following Code of Conduct:**

- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance, rather than medals and scores.
- Encourage children to always play according to the rules.
- Remember that children learn best by example - appreciate good performances of other athletes.
- Respect Officials' decision and teach children to do likewise.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Do not make comments about, or verbally abuse other children or BTYC staff. It is the sole responsibility of the Coach to direct children during training, with the exception of Kindergym parent assisted classes.
- Ensure as a parent / guardian you make your child aware of the Gymnast Code of Conduct and abide by this Code.
- Athletes and parents / guardians must wait upstairs before and after classes. No child is to wait for parents in foyer or outside the gym.
- Ensure that siblings of participating members (especially during Kindergym classes) do not play in the gym area even if they are supervised by an adult. They are not covered by insurance if they are not registered members being supervised by a Coach.
- For queries and concerns contact your child's relevant program manager via their BTYC email. Contact through staff's private social media, or personal mobile numbers, is strictly forbidden.
- Abide by the Gym Rules and policies at all times.
- Abide by the Manningsham DISC rules and regulations, including appropriate use of the car park (i.e. no double parking near entrance, no parking in turning circle)

# 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.

## POLICIES & PROCEDURES

BTYC Gymnastics has a number of Club Rules, Policies and Procedures that relate to 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
- Report a child safe concern

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