



## **GYMNASTICS PROGRAM FOR SCHOOLS**

Gymnastics provides a foundation that no other activity can. The combination of coordination, strength, flexibility and spatial awareness are not only the fundamental skills for all other sports, but are also skills for life.

All our School Gymnastics programs are progressive, safe, effective and fun. Children are encouraged to strive for, and reach individual goals. Programs cater for all education stages and can be adapted to suit individual school needs.

Our *qualified coaches* and *exceptional range of equipment* ensures that children never stop moving, learning and having fun during our programs. All our coaches are very experienced and qualified gymnastics coaches who are registered with Australian Gymnastics Federation (AGF). They carry Working with children's check and have full public liability insurance through the AGF.

Gymnastics Unlimited Schools Program presently caters for many schools both at the school site and in our fully equipped venues and provides tuition for both PE and Sport classes. Schools that we have catered for in the past 3 years:

Overnewton Anglican college Secondary and Primary  
Loather Hall Anglican school secondary and Primary  
Gilson College Secondary and Primary  
Australian International Academy secondary  
Glenvale School Secondary  
Panola Catholic College Secondary  
Marian College secondary  
Resurrection Primary School  
Sydenham/Hillside Primary School  
Melbourne Girls Grammar school  
Westbourne Grammer  
Brookside College  
Sirius College  
Baden Powell College

## **OUR VENUES**

If the school elects to come to our venues they train in one of the best equipped training venues and have access to both the Olympic gymnastics apparatus and many lead up devices including sprung tumbling strips, trampoline and tumble tramp.

### **Caroline Springs:**

3/4 Waigani Avenue, Ravenhall

Phone: 0421017750

Email: [gymnasticsunlimitedcs@yahoo.com](mailto:gymnasticsunlimitedcs@yahoo.com)

### **Kealba**

4/12 Malcolm Court

Phone: 83909089

Email: vladgym1@gmail.com

### **Essendon Airport:**

44 Wirraway Road

Phone: 83909089

Email: vladgym1@gmail.com

## **WE COME TO YOU**

If the school elects that our coaches come to their site then we can either use the schools equipment or complement it with equipment better suited to the program that we offer.

## **PROGRAMS**

Our programs we offer fulfill all the requirements for safe, interesting and comprehensive learning outcomes.

We also tailor our programs to suit your curriculum objectives. Programs encompass:

- Comprehensive developing
- Testing procedures (if required)
- Use of all gymnastics equipment including trampolines
- Gymnastics skills based on age level
- All round strength and flexibility development
- Achievement of excellence certificate with a free lesson
- Balance and coordination development

