

# FOCUS

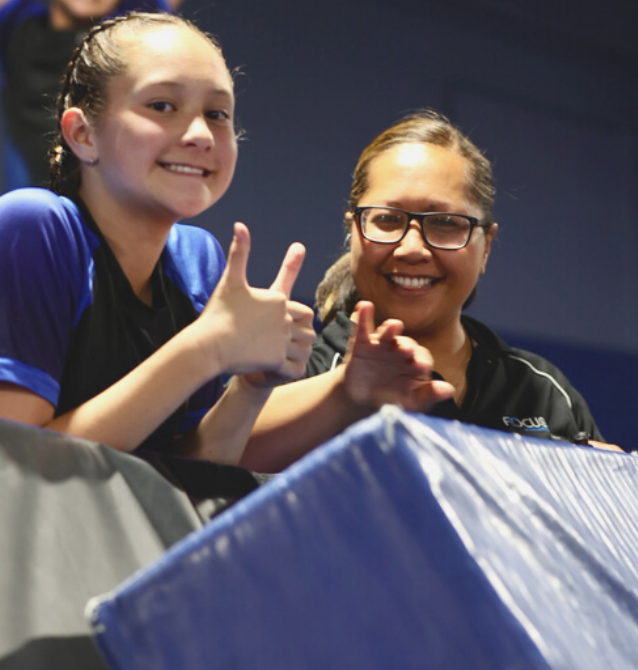
GYM SPORTS

ENROL TODAY

Fitness Focus Dubbo  
7 Jannali Road, Dubbo West  
(02) 6884 0988

TERM 1  
2024  
INFORMATION





# WELCOME....

FOCUS GYM SPORTS opened in July 2021! Part of the award winning business Fitness Focus Dubbo, Focus provides quality Gymnastics programs through the purpose built gymnastics facility located in West Dubbo.

The fully equipped gymnastics hall will allow children to progress through the years and develop a love for gymnastics, movement and exercise.

Focus has the facilities, programs and qualified Instructors for children to develop gross motor skills, coordination, strength, flexibility and gymnastics skills while having fun in a supportive environment.

Focus is also the place for children to achieve their best. The opportunity is given to kids to experience more in performance/competitive gymnastics through pathway programs while still having FUN.

Focus is known as a centre of excellence in training and education for Gymnasts and Coaches, with some of the most experienced coaches in the region coaching within our programs.

Watch passion, purpose and determination come to life at Focus Gymnastics!

Start here...Go far!

Keep believing!

Andrew Bassett  
Fitness Focus Dubbo

**Term 1 Gymnastics Timetable**  
**2024 GYMNASTICS PROGRAMS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Discover & Focus 8.30am -9.15am	
			Discover & Focus 9.15am-10.00am		Kindy Focus 9.20-10.05am	
			Kindy Focus 10.15-11.00am		Competitive Levels3-7 6.30am-8.30am	
					Gym For All (4-7yrs) 10.15-11.15pm	
					Future Leagues Beg 10.15-11.15am	
Gym For All 4.00-5.00pm (4-7yrs)	Competitive Levels WG 4-7.30pm	Gym For All 4.00-5.00pm (4-7yrs)	Competitive Levels WG 4-7.30pm	Competitive Levels 4.00-6.00pm	Future Leagues Intermediate 10.15-12.15pm	
Ninja Focus 4.00-5.00pm (5 - 9yrs)		Ninja Focus 4.00-5.00pm (5 - 9yrs)			Ninja Focus 11.15-12.15pm (5-14yrs)	
Futures League Beg 4.00-5.00pm		Futures League Beg 4.00-5.00pm			Gym For All (5-12yrs) 11.15-12.15pm	
Futures League Intermediate 5.00-7.00pm		Futures League Intermediate 5.00-7.00pm				
Gym For All 5.00-6.00pm (5 - 12yrs)		Gym For All (5-12yrs) 5.00-6.00pm				
Ninja Focus 5.00-6.00pm (5-14yrs)		Beg Parkour 5.00-6.00pm (9-14yrs)				
Futures League Beg 5.00-6.00pm		Ninja Focus 5.00-6.00pm (10-14yrs)				
Adv Parkour 6.00-7.00pm (Invite only)						



# PROGRAM DESCRIPTION

## DISCOVER & FOCUS KINDY FOCUS

18mths - 5yrs

### DISCOVER & FOCUS AND KINDER FOCUS

is one of the most unique programs that includes involvement of both the child and their adult caregiver. D&F and KF provides a safe and exciting indoor adventure playground that stimulates the child's mind and body through playful physical activities. Not only will your child learn to enjoy exercise and movement they will also develop coordination, gross motor skills, balance and body awareness at the same time. Each class runs for 45min and is broken into 3 key focus areas, Exploration, Participation and Skills. Movement through play whilst learning Gymnastics skills. This is a child and carer/parent based program in the gymnastics hall

## GYM FOR ALL WHERE GYMNASTICS STARTS

4years - 12yrs

Gymnastics for All is a sport for everyBODY, regardless of age, gender or ability. It is the perfect activity to prepare children for long-term participation in sport and develops vital life skills. Many clubs also run Gym for All classes designed especially for adults, which can be the perfect way to get fit and strengthen your body with fun gymnastic skills. Develops balance, co-ordination and confident body movement. Builds self-esteem, strength and flexibility, preparing the body & mind for life's challenges. Gymnastics develops healthy minds and bodies for now and later life.

Give your child the right start in life.  
**GYM FOR ALL**

## FUTURES LEAGUE Beginner/Intermediate Level 1-4 (5-16yrs)

A revolutionary approach designed for recreational gymnastics and also accommodates a pathway into competitive gymnasts. It serves as a perfect starting point for those that have been doing gymnastics for some time who have mastered the basics. This program offers a structured progression through a levels system for gymnasts as they become more and more experienced. This program is tailored to provide a fun, positive, and team-based environment, encouraging individual growth and progression. Our primary aim is to create an inviting and enjoyable atmosphere where gymnasts can thrive without the pressure typically associated with competitive environments. We want our participants to focus on having fun, making friends, and enjoying the learning experience. Through the Futures Leagues Program, we hope to see our gymnasts smile, be happy, and celebrate their achievements, big or small.



# PROGRAM DESCRIPTION

## NINJA FOCUS

5years - 14years

Ninja is an exciting class that incorporates Gymnastics, Parkour and 'Ninja Warrior' progressions using a range of gymnastics apparatus in Ninja Warrior like obstacle courses.

Each class works on developing a skill set that is performed throughout each ninja circuit, enhancing strength and fitness, flexibility and coordination. The best part of our Ninja Gym program is the immediate ability to achieve goals, every participant will leave knowing they did something they didn't think they could - and they'll want to do it again! THIS PROGRAM IS COOL!!!

## PARKOUR

10-16 years plus

Parkour is an artistic program which sees athletes attempt to get from point A to point B in the most fluid way possible. With and without using assisting equipment, the athlete uses challenges in the fastest and most efficient way possible to showcase a list of skills. Using parkour artistry, it uses skills like saltos, flips and twists to add variety and artistry to the art.

Kids must start with Ninja, then progress to Beginner Parkour and as their skill progresses they will progress through our program.





# PROGRAM DESCRIPTION

## WOMEN'S COMPETITIVE ACADEMY

(Application Process)

OUR WOMEN'S COMPETITIVE ACADEMY is a selective program for girls who have excelled in Gymnastics for all programs and identified as wanting more. This program uses the fundamentals of competition gymnastics training from beginner to advance skill development preparing Gymnasts for competitive Gymnastics. VAULT, BARS, BEAM, FLOOR are the 4 apparatus that the girls focus on for competition.

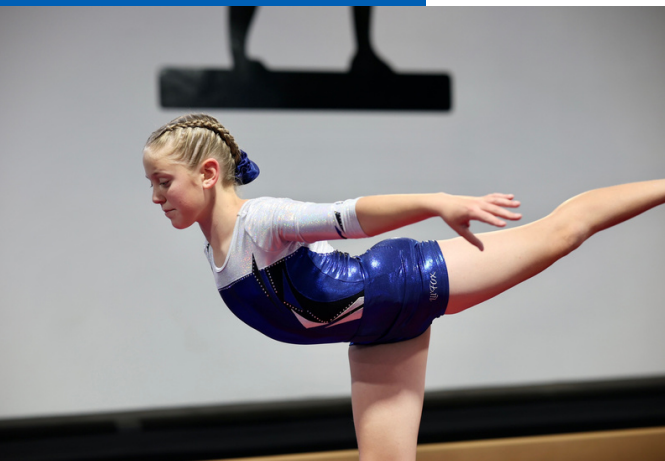
Participation in this program is by selection only. Kids start in Development and progress from Level 1-2 into our academy program.

## MEN'S COMPETITIVE ACADEMY

(Application Process)

OUR MEN'S COMPETITIVE ACADEMY is a selective program for boys who have excelled in Gymnastics for all programs and identified as wanting more. This program uses the fundamentals of competition gymnastics training from beginner to advance skill development preparing Gymnasts for competitive Gymnastics. FLOOR, VAULT, POMMEL, RINGS, PARALLEL BARS, HIGH BAR are the 6 apparatus that the boys focus on for competition.

Participation in this program is by selection only. Kids start in Development and progress from Level 1-2 into our academy based program.



# REGISTRATION FEES

## Gymnastics Information

Our Gymnastics classes are set at the rates below and are booked on a per term basis.  
Note all fees are GST inclusive.

## Annual Fees & Additional Charges

All participants receive a FGA Members Pack. This includes a Welcome Pack, T-Shirt, Drink Bottle and extras. For Term 1 this is included in the registration/insurance fee that is listed below.

All Gymnasts are required to pay the registration fee:

KinderGym (18mths-5yrs)	\$45 (incl GST)
Gymnastics For All (5-40yrs)	\$45 (incl GST)
Competitive/Development:	\$150 (incl GST)
2024 FGA Competition Fee (Charged Yearly and charged Term 2)	\$50 (incl GST)

The registration fee covers personal insurance while participating in gymnastics at Focus Gymnastics Academy in Dubbo or Narromine. Once this fee is paid to Dubbo Gymnastics Association/Focus Gymnastics Academy Dubbo, this fee is non-refundable and cannot be transferred to any other club.

## Enrolments

Enrolments for classes are through the website, [www.focusgymnastics.com.au](http://www.focusgymnastics.com.au), once you enrol you're committed to the fees for that class for the whole term.

Enrolments must be completed prior to the commencement of term.

Competitive Gymnastics Development and WAG and MAG: Fees are now set and charged as a 10 week Term from Term 1. Holiday training is a requirement for kids Level 2-10 and will be charged after the holiday period based on what children attend. From Term 2 a \$50 FGA Competition Fee is charged per family for 2024. Fee's must be up-to-date to compete in competitions.

# REGISTRATION FEES...cont

<u>Program Type</u>	<u>Weekly Class Fee</u>
Discover & Focus (45min)	\$11.00 per class
Kinder Focus/Mini Ninjas (45min)	\$11.00 per class
Ninja/Parkour	\$18.00 per class
Gymnastics For All	\$18.00 per class
Beginner Focus	\$18.00 per class
4 hours per week	\$46.00 per week
2 hour Class	\$29.00 per class
<u>Competitive Men's/Women's</u>	
4 hours	\$46.00 per week
5 hours	\$49.00 per week
6 hours	\$580.00 per Term
7 hours	\$630.00 per Term
8 hours	\$690.00 per Term
9 hours (MAG/WAG Level 3-10)	\$730.00 per Term
10-11 hours	\$760.00 per Term
12-13 hours	\$800.00 per Term

Fees are charged on a term basis. (eg: \$18.00 a class x 10 weeks = \$180

Focus Gymnastics Academy/Fitness Focus Dubbo is a provider of the \$100 Active Kids Vouchers

Weekly Direct Debit is available. A \$20 Debiting Contracting Fee is charged on Sign Up then the weekly class fee is taken each week.

20% Sibling discount available from immediate family (as per medicare card)

Catch up lessons are not available as we work with ratios on all classes.

Coaching ratio is maximum 1:15 for GFA and 1:10 Maximum Competitive.

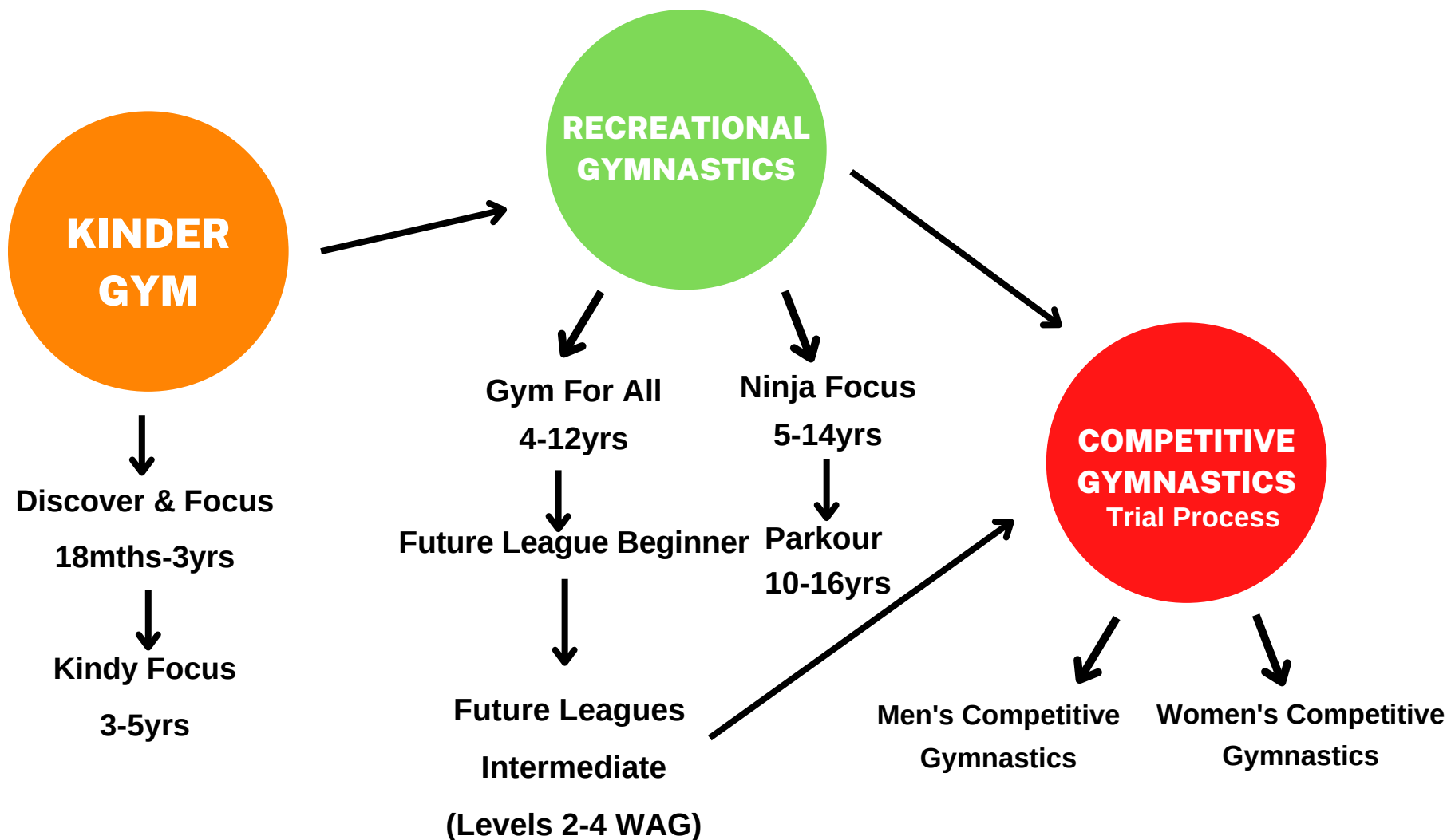
As an educational centre of excellence, please note that most classes will have a senior coach and a junior coach

Classes are taught by Accredited Coaches/Fitness Instructors. (14yrs is the minimum age of Junior Assistants with FGA)  
All Coaches/Fitness Instructor must hold accreditations and meet all requirements set out by Tessab Holdings PTY LTD.  
We take pride in what we do and abide by the Code Of Conducts and Business Ethics set out by Gymnastics Australia.



# Where to START

**TODAY IS THE START OF WHATEVER YOU WANT TO WORK FOR....**



# REGISTRATION PROCESS



**STEP 1 - Select your Program Type**

**STEP 2 - Choose a Day and Time**

**STEP 3 - Enroll Online**

**Focus Gymnastics Academy**  
Located at Fitness Focus Dubbo  
12 Jannali Road, Dubbo West  
NSW 2830

**Contact:**  
(02) 6884 0988  
[info@focusgymnastics.com.au](mailto:info@focusgymnastics.com.au)

[www.focusgymnastics.com.au](http://www.focusgymnastics.com.au)

**FOCUS**  
GYMNASTICS ACADEMY