



# Gold Coast Gymnastics

ACTIVE BODY • ACTIVE MIND



**2025  
GUIDE**

# Welcome

Thank you for choosing Gold Coast Gymnastics Club (GCGC) to start your Gymnastics journey. Having grown steadily since it's inception in 1988, Gold Coast Gymnastics is one of the oldest and most established clubs in the area. Covering Northern and Southern Gold Coast with venues in Miami and Coomera. The club boasts state of the art equipment and highly experienced and accredited coaches working with athletes across our Recreational and Competitive Programs in Artistic Gymnastics and Tumbling. This offers an outstanding opportunity for new and existing members from Babies and KinderGym to adults to join our Gold Coast Gymnastics Family and enjoy the sport of Gymnastics.

As an affiliated member of Gymnastics Australia (GA) and Gymnastics Queensland (GQ), we work closely with both the state and national bodies to support, nurture and develop our athletes and staff. We provide the most comprehensive and up to date educational opportunities and training programs to ensure success in the safest possible environment.

# Why Choose Gold Coast Gymnastics Club

We offer opportunities for athletes of all ages, genders and abilities to participate and enjoy the sport of Gymnastics. We strive to provide excellence in all our services and focus on delivering success.

Gold Coast Gymnastics specialise in developing clear and achievable pathways across our programs from KinderGym to Recreational to Competitive Gymnastics.

Come and enjoy all that Gold Coast Gymnastics has to offer. Whether it's your first time here or you're making a comeback, we have something for everyone!

## NEW TO GYMNASTICS?

Gold Coast Gymnastics offers a diverse range of programs and classes, from Babies and KinderGym to Adults or Recreational and Competitive Artistic Gymnastics and Tumbling for boys and girls (male and female). At GCGC you can find a program or class that is perfect for you.

If you are a beginner – Gold Coast Gymnastics Club provides a fun, safe and supportive environment for children to learn and develop physically and cognitively through movement and activity.

If you are a returning gymnast – Gold Coast Gymnastics Club offers numerous opportunities and pathways for competitive and personal growth. We offer pathways in Competitive Gymnastics, Adults Recreational Classes, Coaching and Judging.



# What We Offer



## KinderGym (PRE-SCHOOL AGES)

Our KinderGym program is designed for children from 4 months to 5 years of age and aims to develop your child's physical, social, emotional and cognitive development, in a safe, fun and multisensory environment. KinderGym will create a strong foundation for their future sporting and educational activities. Throughout a class your child will practice all the Dominant Movement Patterns, being statics, landing, spring, locomotion, rotation and swing. They will creatively explore and practise skills safely to increase their self-esteem and self-confidence. Learning through play with a focus on fun!



## BabyGym

**AGE GROUP: 4 MONTH - WALKING**  
PARENT ASSISTANCE REQUIRED



Children are never too little to learn! Our BabyGym class is designed for children from 4 months to walking accompanied by their parent/caregiver and provides a strong foundation for their critical early years. The class will encourage the holistic development of your child, focusing on brain development, body awareness, social interaction, vestibular stimulation, balance, core strength, fine motor skills and sensory system. BabyGym is a 30-minute class, and consists of welcome, warm-up, group activities and free exploration.

## PlayGym

**AGE GROUP: WALKING - 2.5 YEARS**  
PARENT ASSISTANCE REQUIRED



Our PlayGym class is designed for children that are walking through to 2.5 years of age. PlayGym encourages play and exploration where the child will be guided through the class with assistance from their parent/caregiver and is a great opportunity for the child and parent/caregiver to bond through movement and play. PlayGym is a 45-minute class, and consists of welcome and warm-up, free exploration, group time activity or game, one to two gymnastics circuit, cool-down/goodbye song.

## MiniGym

**AGE GROUP: 2.5 - 4 YEARS**  
PARENT ASSISTANCE REQUIRED



Our MiniGym class is designed for children from 2.5 to 4 years of age accompanied by their parent/caregiver. This is an age where children are eager to be extended and challenged, whilst learning to follow basic instructions. This class involves structured play, and more advanced skills and activities, with children encouraged to be more independent. MiniGym is a 45-minute class, and consists of welcome and warm-up, free exploration, group time activity or game, two gymnastics circuits, cool-down/goodbye song.

## JuniorGym

**AGE GROUP: 4 - 5 YEARS**  
NO PARENT ASSISTANCE PERMITTED



Our JuniorGym class is designed for children from 4 to 5 years of age who are heading to school the following year. JuniorGym is a 45-minute structured lesson where children will begin to perfect gymnastics skills whilst learning to listen and follow directions. The class consists of welcome and warm-up, group time activity, two advanced gymnastics circuits, cool-down/goodbye song.

## ExplorerGym

**AGE GROUP: 1 - 5 YEARS**



Our ExplorerGym class is designed for children from 1 to 5 years of age and their parent/caregiver. This class is perfect for the parent/caregiver who would like two siblings in the same timeslot, or whose child wants the opportunity to explore the equipment and engage in motor activities of their choice, in their own way and at their own pace. ExplorerGym is a 45-minute class, and consists of welcome and warm-up, free exploration, cool-down/goodbye song.

# Recreational

(SCHOOL AGES)

Our Recreational Programs are designed first and foremost to be fun, promoting our philosophy of Fun, Fitness, Fundamentals and Friendship. The programs teach fundamental movement patterns and skills whilst giving children confidence and a love of gymnastics. Children will develop co-ordination, body awareness and physical literacy along with enhanced strength and flexibility.

## Pre-Levels Program

The Pre-Levels Program is the entry level into gymnastics for school aged children. It is the foundation of our recreational program where children develop the fundamentals of gymnastics, progressing through the stages from Bronze to Silver to Gold. Activities will utilise the primary gymnastics apparatus of vault, bars, balance beam, parallel bars, rings, floor and trampoline, with a focus on swinging, climbing, jumping, landing, bouncing, tumbling and sport specific strength and stretching activities.

## Recreational Levels Program

This program consists of level 1, 2, 3, 4 and Teen Gym, extending the foundations of gymnastics learnt in the Pre-Levels programs into skills and routines on the gymnastics apparatus. The emphasis on strength and flexibility continues, whilst allowing gymnasts to develop more advanced skills.

## Recreational Tumbling

(COOMERA ONLY)

This program is for those children who prefer their gymnastics experience to be primarily focused on floor-based acrobatics, without requiring apparatus such as bars, beam, rings or parallel bars. The skills learned are often applicable to other activities, but the emphasis is on acrobatics, and coordination.



# Adult Class

## Do I need to have a gymnastics background?

No, we offer structured and safe classes for those who want to try or get re-involved in gymnastics! We cater for total beginners wanting to keep fit and start their gymnastics journey, right up to more experienced show performers (minimum age 16 years).

## How are the classes structured?

We start with a group warm up and stretch, and incorporate strength and flexibility elements in each session. Classes make use of all equipment during various weeks. Each session and activity is modified to fit any fitness level and ability.

## How much does a class cost?

Classes are from \$24 per session for casual attendance. 5 and 10 pack passes are also available



# School Holiday Program

## (MEMBERS & NON MEMBERS WELCOME)

All participants must be aged between 5 – 12 years, with full day and half day programs available.

The daily program includes gymnastics-based games, circuits on the various gymnastics apparatus, movies, craft activities and free time to explore the gymnastics equipment.

# Sporting Schools

GCGC has a long established history of providing both Primary and Secondary students of all ages and abilities a structured gymnastics program. The coaching staff in this area are skilled and accredited to offer an exciting range of activities across a range of equipment. In collaboration with the teacher, programs are designed to increase strength, improve coordination and introduce the students to exciting apparatus in a fun and safe environment.

For all enquiries contact  
[admin@goldcoastgymnastics.com](mailto:admin@goldcoastgymnastics.com)

# Competitive

Entry into our competitive programs is via invitation only. Our recreational gymnasts are assessed by coaches at all levels, to evaluate their suitability for the competitive programs. These programs follow the Australian Levels Program with gymnasts being able to compete from level 1 through to an International level in the three disciplines offered being Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG) and Tumbling (TUM).



## Men's Artistic Gymnastics (MAG)



MAG is as ancient as it is spectacular, combining speed, strength, power and flexibility with tumbling and acrobatic skills. MAG provides a fun and safe outlet for thrill-seekers of any age to develop strength, balance, body awareness and agility. It will allow participants to grow in self-confidence as they challenge gravity across six apparatus of floor, pommel, rings, vault, parallel bars and high bar.

## Women's Artistic Gymnastics (WAG)



WAG is a powerful sport that builds coordination, boosts confidence and takes creativity to the next level. With a thrilling combination of daring skill and grace, gymnasts perform challenging elements on four apparatus – Vault, Uneven Bars, Balance Beam and Floor Exercise with emphasis on agility, artistry, flexibility, power and style. WAG develops strength, balance and body awareness, whilst challenging the mind and body.



## Tumbling



**AGE GROUP: 6+ YEARS OLD**

Tumbling for boys and girls focuses on performing a series of acrobatic skills along a 25m air track. Each series comprises 8 elements in which the athlete jumps, twists and flips placing both hands and feet on the air track. Gymnasts develop aerial awareness, co-ordination and confidence.

For more information visit [www.goldcoastgymnastics.com](http://www.goldcoastgymnastics.com)



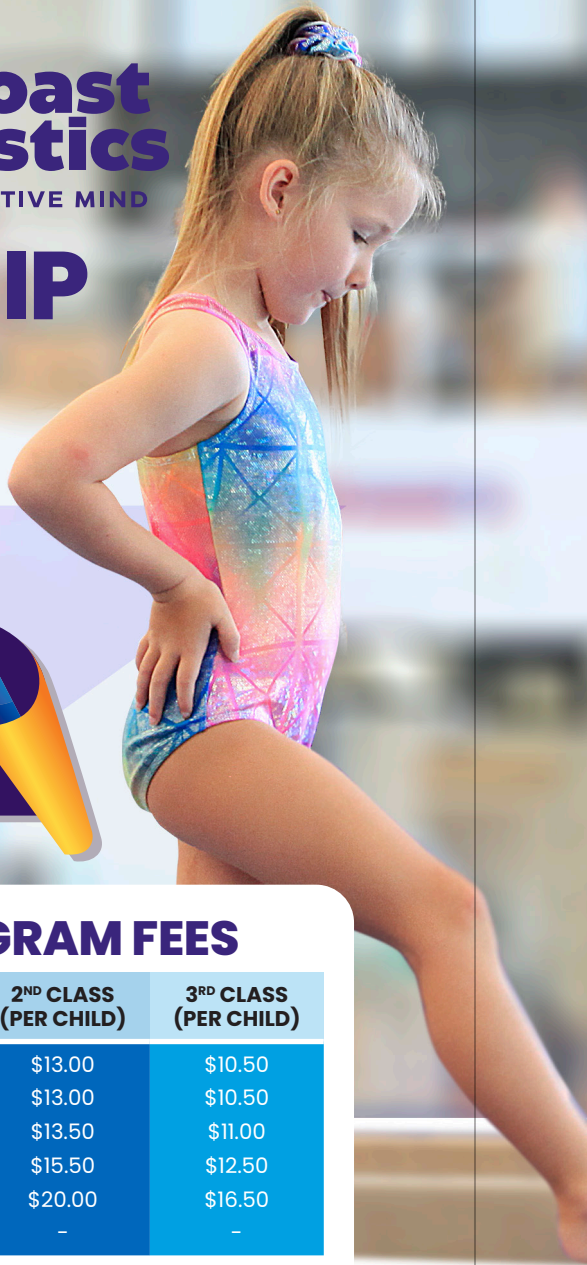
# Gold Coast Gymnastics

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## MEMBERSHIP FEES

Our fees are and continue to be one of the most competitive pricing structures in the Gold Coast offering specialist coaching, continued high level products and experiences at affordable rates.

**MEMBERSHIP PACK INCLUDES A T-SHIRT & OTHER GOODIES!**



## RECREATIONAL PROGRAM FEES

PROGRAM	1 <sup>ST</sup> CLASS (PER CHILD)	2 <sup>ND</sup> CLASS (PER CHILD)	3 <sup>RD</sup> CLASS (PER CHILD)
PLAYGYM	\$21.00	\$13.00	\$10.50
MINIGYM	\$21.00	\$13.00	\$10.50
JUNIORGYM	\$22.50	\$13.50	\$11.00
BRONZE/SILVER/GOLD	\$25.00	\$15.50	\$12.50
REC 1/2/3 & TEEN	\$33.00	\$20.00	\$16.50
HOME SCHOOL	\$16.00	-	-

PROGRAM	CASUAL PRICE (PER CLASS)	10 PUNCH PASS	5 PUNCH PASS
ADULTS	\$26.50	\$215.00	\$115.00
EXPLORERGYM	\$17.00	-	-

## COMPETITIVE PROGRAM FEES

HOURS PER WEEK	MONTHLY CHARGE 46 WEEKS	MONTHLY CHARGE 48 WEEKS	HOURS PER WEEK	MONTHLY CHARGE 46 WEEKS	MONTHLY CHARGE 48 WEEKS
1.5	\$126.00	NA	12	\$358.00	\$373.00
2	\$153.00	NA	12.5	\$368.50	\$384.00
2.5	\$165.00	NA	13	\$379.00	\$395.50
3	\$178.50	NA	13.5	\$387.50	\$404.00
3.5	\$193.00	NA	14	\$396.00	\$413.00
4	\$208.00	\$217.00	14.5	\$406.00	\$423.50
4.5	\$224.00	\$233.50	15	\$416.50	\$434.50
5	\$239.00	\$249.50	15.5	\$425.00	\$443.00
5.5	\$250.50	\$261.00	16	\$433.00	\$451.50
6	\$261.50	\$272.50	16.5	\$439.00	\$457.50
6.5	\$273.50	\$285.50	17	\$444.50	\$463.50
7	\$286.00	\$298.00	17.5	\$454.00	\$473.00
7.5	\$297.00	\$309.50	18	\$463.00	\$483.00
8	\$308.00	\$321.50	18.5	\$476.00	\$496.00
8.5	\$310.00	\$323.50	19	\$489.00	\$509.50
9	\$312.00	\$325.50	19.5	\$501.50	\$523.00
9.5	\$314.00	\$328.00	20	\$514.00	\$536.50
10	\$316.50	\$330.00	20.5	\$527.00	\$550.00
10.5	\$327.00	\$341.00	21	\$540.00	\$563.00
11	\$338.00	\$352.50	22	\$567.00	\$591.50
11.5	\$348.00	\$363.00			

## ANNUAL REGISTRATION FEES

RECREATIONAL	1 <sup>ST</sup> CHILD PRICE	SIBLING PRICE
TERM 1 JOINING FEE	\$164.00	\$107.50
TERM 2 JOINING FEE	\$126.00	\$107.50
TERM 3 JOINING FEE	\$88.50	\$88.50
TERM 4 JOINING FEE	\$57.00	\$57.00

COMPETITIVE	1 <sup>ST</sup> CHILD PRICE	SIBLING PRICE
TERM 1 JOINING FEE	\$171.00	\$112.00
TERM 2 JOINING FEE	\$132.00	\$112.00
TERM 3 JOINING FEE	\$92.00	\$92.00
TERM 4 JOINING FEE	\$59.50	\$59.50





 SPIE

# Active Body. Active Mind.

## Pizzey Park

80 Pacific Ave, Miami QLD 4220

✉ [admin@goldcoastgymnastics.com](mailto:admin@goldcoastgymnastics.com)

## Coomera Indoor Sports Centre

35 Beattie Rd, Coomera QLD 4209

✉ [coomera.admin@goldcoastgymnastics.com](mailto:coomera.admin@goldcoastgymnastics.com)



FOR MORE INFORMATION  
ON ALL OF OUR SERVICES CONTACT

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