



Welcome to ARGOS Gymnastics

We're glad you've jumped on board!

34 Koromiko Street, Judea, Tauranga. Ph: 577 0603 www.argosgym.co.nz

Welcome to ARGOS!

We are a not for profit community club run by a great team of coaches and committee members. Our main focus is for anyone and everyone to have fun and learn in a safe environment.

All our programmes are gymnastics skills based focussed on developing confidence, co-ordination and flexibility.

ARGOS was formed in 1991 by the amalgamation of four local gymnastics clubs -Tauranga, Otumoetai, Te Puna and Mt Maunganui. In November 1998 the club relocated to the building we are still in today on Koromiko St.

We are the only fully set-up gymnastics centre in Tauranga and we are affiliated with Gymnastics NZ, our national sports organisation.



ARGOS Gymnastics Recreational classes are all about fun and having a go. Our gymnasts learn life skills such as teamwork, taking turns and supporting one another.



Your child will develop skills such as listening to instructions, lining up and how to get along in a group environment.

Our Gymnastics Programmes

Mini Movers (walking - 2 years)

Our Mini Movers classes are coach led with caregivers accompanying their gymnasts to explore our large and small equipment in structured circuits.

Incorporating dance, classes introduce the fundamental movement patterns used in gymnastics, including visual tracking, spatial awareness and a touch of imaginative play.

Classes are half an hour in length.

Preschool Programme

Research shows that kids learn best through play, discovering their limits and abilities during physical activity. Our Preschool classes provide a safe environment for children to develop physical skills in a fun way, at their own pace.

Your child will develop skills such as social skills, listening to instructions, lining up and how to get along in a group environment. They will also learn the basics of gymnastics and movement such as jumping, rolling, balancing, fine motor skills and much more.

We recommend shorts, leggings and a t-shirt for our pre-school classes. For safety reasons we do not allow jeans, dresses or skirts (including ballet tutus). Parents/carers are advised to wear comfortable clothing and participate in this class with socks or barefoot.

Ages 2-3

Designed for our youngest preschoolers, this 45 minute, parent assisted class focuses on movement and fun

Ages 3-5

Your child will be having fun and learning new skills without even realising it! This 45 minute, parent assisted class focuses on listening to instructions and teamwork in a fun environment.

Ages 4-5

Moving towards independence, we start preparing your child for school. Parents start the term with their child, but by the end of term your gymnast will be good to go on their own.

Independent Level 1 Classes

These classes are designed for those older preschoolers who are ready to take to the floor themselves without parental supervision. Classes mirror the structured after school level 1 class.



Introducing gymnastic skills to your child at an early age can be beneficial to their development. These include: learning to focus, listening to instructions and waiting their turn, teamwork and cooperation, strengthening brain pathways, learning rhythm and different ways of movement, social and cognitive development.

What to wear

We recommend fitted leggings, t-shirts and/or leotards.

No skirts, jeans, buckles or buttons around the waist, no zips.

Long hair must be tied back.

No protruding decorations such as diamantes or sequins.

Enrolments

Enrolments are term by term and are open to boys and girls.

Have a look at our timetable and enrol.

Gymnastics for All Programme

Our After School Recreational classes are for children who are 5+ years and would love to enter the world of gymnastics. In each level, gymnasts work towards a respective set of skills. Once they demonstrate the ability to do all skills of their level correctly and consistently, they can move up to the next level. Once a year we put on an end of year showcase for any gymnast who would like to show off the skills they have learnt during the year.

Level 1 Classes - 1 hour

Boys and girls are mixed in our one-hour Level 1 classes, working towards basic shapes and fundamental movements.

Level 2+ classes - 1 hour

Once our recreational gymnasts have gained confidence and mastered the basic shapes and skills, they can move up to Level 2. They will be taught more complex skills, building on their previous accomplishments. Girls mainly work on floor, vault, bars and beams, whereas the boys do floor, vault, P-bars, rings, pommel horse and metal bar.

Artistic Girls Extended Classes - 1 hour 30 minutes

Can't get enough of gymnastics? Want to train for a longer period of time? The extended recreational classes are an hour and a half long and are for those gymnasts who want to spend more time building strength and mastering their skills.

EXCEL Programme

Our new EXCEL Programme is for Level 3 - 5 gymnasts who show an invested interest in gymnastics and would like the opportunity to represent our club at recreational competitions throughout the Waikato and Bay of Plenty.

The programme offers a similar environment to our competitive programme, but without having to commit the time associated with competitive classes. The class focus is to learn routines for the competitions throughout the year, as well as upgrading skills to progress to higher levels of competition.

The gymnasts in this programme must attend 1-3 classes per week and training continues throughout the year. To enrol in the Excel Programme, please see the office.

Gymnasts follow the Gymnastics New Zealand recreational competitive programme and compete against other gymnasts from similar programmes from different clubs.

Go Ninja & Parkour

Our 'Go Ninja' programme uses a fusion of gymnastics, acrobatics, parkour, obstacle course training and freestyle movement.

It is designed to develop your child's ability to overcome obstacles and enhance their ability to problem solve in a variety of situations.

Underpinning this is a philosophy of strength, self-improvement and fun while your child leaps, climbs and rolls over obstacles under the watchful eye of our coaches. Ages 5+

We also offer a Teen Parkour Ninja class for ages 11+ This class offers coaching in higher level skills and introduces the basics of tricking.



Our Go Ninja classes are all about non-stop fun! Classes are a combination of free running and parkour as well as key gymnastics elements.

Tumbling

Tumbling is an acrobatic sport discipline which combines artistic gymnastics and full body stretching and conditioning.

Our very popular Tumbling classes are for gymnasts who would like to learn skills taught on the floor and tumble track. We have classes for beginner to advanced levels. Classes are 1 hour. Age 7+

Trampoline

Gymnasts are taught the basic shapes, skills and aerial awareness through to various jumps and somersaults.

Each lesson will start on the floor working on shapes and basic floor skills before spending the rest of the session on our Olympic sized trampolines and mini Trampolines.

Our classes are for beginner to advanced levels.

Did you know...

ARGOS stands for Artistic, Rhythmic, General Organisation of Sports. It is also the name of two Greek heroes, one a warrior showing strength and power (the gymnast) the other had 100 eyes (the coach!)



Tumbling is the perfect sport for gymnasts to develop air/special awareness and the basis of all flips.



Trampolining helps you develop better balance, coordination and motor skills.

Teen Classes

Our teen classes are for beginner and/or intermediate boys and girls who want to become more involved in gymnastics.

We like to give our teen gymnasts a greater sense of input into their gymnastics training and our team of coaches work with the gymnasts to set the right type of goals for each participant.

The focus shifts more towards floor work, tumbling, and vault skills in these classes, but also allows room for trampoline and parkour when space in the gym permits.

Not only does gymnastics help to keep our teens body healthy, but the strength, agility and flexibility learned, contributes to success in all other sports, such as netball, rugby and hockey.

There is also the social side of the sport and some great friendships have been forged here through the years. For gymnasts 11+.



You'll improve your strength, flexibility, and body awareness, as well as master fundamental gymnastic skills.

Adult Classes



Come join our adult gymnastics class that incorporates balance, flexibility, stretching and strength while maintaining and enhancing your gymnastics abilities. It is the perfect workout that uses every muscle in your body and helps develop gymnastics skills for all levels.

Fun, rigorous and challenging for the older gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed.

The level will be dictated by you - our experienced coaches cater for everyone, from a person wanting to try handstands for the first time to an ex-gymnast working on a full twist. During the class you will be able to use all the apparatus including trampoline and vault.

For those gymnasts over the age of 20, there is an opportunity to join our Masters Team to participate in the New Zealand Masters Games in 2024.

For gymnasts 16+.



You'll improve your strength, flexibility, and body awareness, as well as master fundamental gymnastic skills.



Home School Classes

Run by qualified coaches, these classes teach gymnastics to home-schooled children as part of their home-schooling curriculum. It improves their physical fitness and coordination, social skills as well as learning gymnastics skills in a gym environment.

These classes are run on a Thursday mornings at 11.30am to allow children plenty of space in the gym.

Vision-impaired Classes

This specialised gymnastics program is for all children with a vision impairment.

The program is offered to school aged children and the classes are suitable for beginners with no prior experience or exposure to Gymnastics.

Children who participate in the class experience varying levels of vision, from partial vision to complete blindness.

Special Needs Adapted Classes

ARGOS caters for a wide range of gymnasts who have special needs such as ASD, ADHD, Neuro Diversity, Downs Syndrome, hypermobility, hearing and vision impaired.

Many of these sessions are run as a private one-on-one when the gym is quiet and free of visual and aural stimulation. We also run group classes for high needs preschoolers and school groups.

If you are interested in starting a group or would like to apply for a one-on-one lesson please contact the office.

Private Classes

Private lessons are a great opportunity to get individualised support on improving fitness; working towards a goal; fine-tuning technique or working on a particular skill or routine that you may like further support with.

Gymnasts are welcome to pair up with a friend and either share a 1 hour session, or book two sessions back to back, for a longer lesson. Please contact the office for further information.





COMPETITIVE SQUAD

ARGOS offers competitive squad training in Mens and Woman's Artistic Gymnastics, Trampoline and Tumbling. Our successful programme saw 23 of our athletes qualify for the 2022 Nationals Competition across the codes.

Competitive trials are held in August and athletes are invited into the team based on their flexibility, strength and mental aptitude. Entry can also be by invitation from our coaching team. Our recreational and competitive coaches are always on the look out, assessing the quality of our programs, and seeing what members are ready to take the next step in the pathway from recreational to competitive gymnastic training.

We only select a small number of gymnasts so we can keep the ratio in our competitive teams very low for more personalised and effective training sessions.

Training hours vary from 5 to 17 hours per week depending on the STEP or level. Argos Gymsport offers all levels of competitive gymnastics.



Holiday Programme

Every school holidays we run fantastic gymnastics holiday camps for boys and girls aged 5+. Camps are for a full day (8.30am-3pm). You may book in for one or more days. Our gymnastics holiday camps are packed with fun!

We get plenty of time to learn new skills and use all the equipment. We also play many games, run ninja circuits, build forts as well as try our hand at some art and craft (which the kids get to take home).

Our camps always sell out very quickly so book in ASAP. You may book in for one or more days.

Drop 'n' Go

This half day programme runs alongside our holiday camp and is perfect for those parents & carers that want to entertain the kids for a few hours during the school holidays. Gymnastics and moving is the theme with ninja circuits, gymnastics and game playing. Guaranteed to tire the kids out for the rest of the day! Drop "n" Go runs from 9am - 12pm.

Have A Go Wednesday

Every Wednesday afternoon during the school holidays we run a "Have a Go" class. This class is aimed at those kids who would like to try gymnastics before committing to the term. During the class you get to try ninja, artistic gymnastics and trampoline. Ages 5+

Birthday Parties

Our parties are the perfect way to celebrate your child's next milestone!

Our venue is fully equipped with sprung floor, trampolines, balance beams, swinging ropes, rings, bars and much more!

Our experienced party leaders entertain your guests with fun and exciting group games, supervised free play and structured gymnastics activities.

Volunteering

We encourage all ARGOS families to give 2 hours of their time, once a year, to help our club. It is only through our members volunteering that we are able to continue to provide our programs at lower more affordable costs for families. In addition, it helps us subsidise costs for various types of events that are offered through these programs as well (ie. competition fees, national competition travel and lodging, instructors schools for juniors, clinics, etc).



Club Information

What to wear

- T-shirt and shorts, snug comfortable clothing.
- Leotards are optional.
- .For safety we ask that: Hair must be tied back. Bare feet (the one exception is that socks must be worn on the trampoline) No skirts, jeans, buttons, zippers, jewellery, watches or belts.

What to bring

- NAMED drink bottle filled with water ONLY and a jumper to put on afterwards if cold outside.

Lost Property

- There is a Lost Property Box in the office..
- All lost property, not claimed within 3 months, will be donated to charity.

Re-enrolments

- You need to re-enrol your child each & every term. A reminder email will be sent towards the end of each term letting you know when enrolments are open.
- We recommend you re-enrol promptly to secure your preferred day and time as spaces fill up fast.
- All enrolments can be done online for the following term and payment must be made at the time of booking..
- A space is not automatically kept for each child.
- If your child is in a Selection class you will need to confirm with the office that you wish to re-enrol as these classes are not available online.

Gymnasts/Club Members Code of Conduct

All members will, at all times:

- show respect towards other gymnasts, club members, coaches, judges and officials at all times.
- refrain from using inappropriate language whilst representing the club in any form (i.e. at events or in club uniform.)
- agree to comply with club policies, in particular those concerning their personal wellbeing e.g. Child Protection, Evacuation Procedures, Drug/Doping, Smokefree, Stretching and Health & Safety.
- be respectful of any club property and equipment.
- follow instructions and advice given by their coach or programme facilitator at all times.

All visitors to the club, will at all times

- ensure that rules and regulations set by the management of ARGOS Gymsport are adhered to. E.g. No smoking, no unauthorised photography.
- respect the property and equipment of ARGOS Gymsport.
- ensure non-gymnasts, and other children/adults not involved in a programme or designated coaching capacity, stay off the equipment and remain in the spectator area
- show respect towards any staff, volunteers and other members of the club.
- show respect towards other parents/caregivers and children at the club at all times.

For information on all our club policies, please email manager@argosgymsport.co.nz

ARGOS Gymnastics Payment Policy

Fees

ARGOS Gymnastics defines a term as a minimum of 8 weeks, and we only charge you for 8 weeks per term. Any extra classes held per term are considered bonus classes, free to you, and will vary from term to term. This means should a public holiday, gym closure or competition fall on your class day, you will not be charged. Term fees will only be reduced if there are less than 8 weeks in the term.

Recreation classes (GFA)

Payment is required prior to the first class of term. You will not be guaranteed a space in any class until you have paid. Registration and payment is per term and online at www.argosgym.co.nz/register. Payment plans are only accepted by prior arrangement and must be renewed each term. Payments need to be made weekly or fortnightly and can be arranged by contacting ARGOS on office@argosgymnsport.co.nz

Competitive and EXCEL Classes

Invoices will be created for all competitive and EXCEL classes. Payment is required by the due date on the invoice.

Family Invoices

Families with children in both competition and recreation classes can request invoices for all members. Payment will be required by the due date on the invoice.

Payment Methods

Payments may be made by cash, eftpos, credit card, or direct credit. Part payments may be made upon request to the Centre Manager (all part payments must be completed before the next term commences).

Refund/Credits

No refunds will be given after the commencement of term. Refunds/credits will incur a \$15 administration fee. A credit may only be issued for injury or severe sickness during the term that prevents attendance for 3 or more consecutive weeks. A medical certificate is required to be produced within 7 days of injury/illness before a credit will be considered. A missed class due to a public holiday will not receive a refund, credit or make up class. Refunds/Credits are at the discretion of the Centre Manager.

Discounts

If you enrol in 2 or more classes (individually or as a family) you will receive a discount of 7% off the lesser invoice.

Non payment

Membership may be suspended for non-payment. This means exclusion from training and competitions if term fees have not been paid and no arrangement has been made with Centre Management. Debts past 90 days due may be passed to a commercial debt recovery agency and any collection costs will be added to the outstanding amount due.

Change of Classes

Any voluntary change of class during the term will incur a \$15 processing fee. There are two exceptions:

- Gymnasts moving into competitive squad by invitation
- Cancellation of a class due to insufficient numbers of gymnasts. In this case, we may offer you another class, or refund for unattended classes if the alternative class is not suitable.

"Make Up" Classes

ARGOS Gymnastics is under no obligation to make up classes when a child is absent, when training falls on a public holiday or competition day. Make up classes are to be taken the following week and will only be allowed if a parent has informed us on the day that their child will be absent from class. Makeup classes can only be redeemed in a class where there is space available.

Voluntary Withdrawal

There will be no refund of fees if a member decides not to continue to the end of term. ARGOS Gymnastics provides trial classes in the school holidays to see whether your child would like to join our club.

Family Holidays

Inability to attend due to holidays being taken during scheduled class times will not entitle the family to a refund or credit at any time.

ARGOS STRUCTURE

Our Senior staff include;

Stephanie Kerr Centre Manager

Emma McCarthy Customer Service & GFA Coach

JaNyce Johnson Head Coach Competitive & Tumble

Cara Forster Head Coach Recreational

Riley Maguire Head Coach MAG & Trampoline

Ella Scrivens MAG and GFA Coach

Aimee Mitchell Head of Preschool & Special Needs Coach



Our junior coaching staff include;

Enika Daisley, Dana Doyle, Charlotte Grey, Annabelle Hodge, Chloe Hunt, Rebekka King, Adele King, Aiden Ruapere-Golding, Dylan Jackson, Isla Wills, Pippa Cronin, Renee Gledhill & Ariana Golding.

COMMITTEE

ARGOS is governed by a volunteer committee, parents of gymnasts who meet monthly. The members of the committee are:

EMMA CRONIN President & WAG Parent

CARMEN MONTGOMERY Secretary & WAG Parent

DEBBIE HUGHES Treasurer & WAG Parent

KAT HAMILL PNC Representative & WAG Parent

TONI GOLDING WAG Parent

DANIELLE WANNOP WAG Parent

JANA RALL MAG Parent

NIKKI SCRIMGEOUR MAG Parent

HELEN MCBURNEY WAG Parent

JO BURRELL WAG Parent



All club news is available via FaceBook, Instagram, email, newsletters and www.argosgym.co.nz

We can be contacted by phone on 07 577 0603 or by email on manager@argosgymnsport.co.nz