



77 Ringwood Drive, Parklands

Phone: 081 271 2799
Email: giantsgymnasticsinfo@gmail.com
Web: www.giantsblouberg.co.za

Giants Gymnastics Blouberg – 2023 Information and Welcome Package

Welcome gymnasts and parents to Giants Gymnastics Blouberg! We hope both will form an active part of our club and a healthy passion for this phenomenal sport. Here is some important information for the year to come.

ABOUT US

Giants opened its doors in the Blouberg/Table View area in 2007 offering Artistic Gymnastics. We have grown dramatically over the past few years and are now one of the fastest growing clubs in the area.

We offer classes for boys and girls, from ages 3 and up, for children that are new to the sport, as well as those participating at competition level.

Our Tiny Tots and Beginner classes are aimed at the dominant movement patterns as well as the basic gymnastics skills. We also offer an intermediate class, which caters for older children who wish to start taking up the sport and those not yet ready for competitions.

Our competition level gymnasts have represented Cape Town District and the Western Cape Province and do us proud with their amazing achievements.

FEES AND FORMS:

1. The fee structure for 2023 can be found on the attached page – if you are unsure of where your gymnast is placed, don't hesitate to ask any of our dedicated coaches.
2. Fees are payable in advance at the beginning of every term into the following bank account.

Account Name	Giants Blouberg Gymnastics
Bank and Branch Code	Nedbank
Account Number	118 731 0204
Reference	(Name of Gymnast & invoice number

3. Please ensure that you have completed a Membership Application and Indemnity Form

4. **PLEASE NOTE: ONE TERMS NOTICE IS REQUIRED BEFORE A GYMNAST WITHDRAWS FROM THE CLUB**



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ATTIRE:

1. We have clothing available for purchase from the end of March 2023.

Club Girls Leotard (short-sleeve)	R440 – R650
Club Girls Leotard (long-sleeve)	R600 – R850
Club T-Shirts	R200
Club Tracksuits	R700
Boys Leotards	R450
Girls / Boys Gym shorts	R200

2. Clothing is available for fitting at the gym on request.
3. Some club attire will be required for displays and competitions, you will be informed in advance if this applies to your gymnast.

COMMUNICATION:

1. Communication will take place via our monthly newsletter; additional notices will be sent home with gymnasts where necessary – so please make sure you receive these.
2. We value contributions to our newsletter in the form of photos, stories, or artwork. Email donna@giantsgym.co.za for submissions.
3. Find additional information on our website: **www.giantsblouberg.co.za**
4. Follow us on Facebook and Instagram for photo updates at: Giants Blouberg Gymnastics

For any queries, comments or general communication, you are welcome to email

Donna Lowry at: donna@giantsgym.co.za

GET INVOLVED:

1. We have a fundraising committee that is always welcoming new members who are looking to make a difference. The commitment is a minimal time investment but is hugely helpful when we plan events at the club



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2. If your business is interested in helping with options like; colour printing for the newsletter, donations for the tuckshop, or assistance at events, or in any other way - contact Donna to discuss.

3. Displays form a vital part of our club marketing. This is also an important aspect to your child’s development as a gymnast and is great for encouraging public performance. When requested please ensure that your child is available to participate.

4. We have regular fundraising events, notably our Cartwheel-a-thon and our Movie nights, please support the club with your and your gymnast’s attendance. These events go a long way towards funding our equipment and competition travel needs.

MEET THE TEAM

We offer a world class coaching program, with ideal class sizes based on the age of the gymnasts.

All our coaches are registered with the Western Cape Gymnastics Association as well as the South African Gymnastics Federation (SAGF). Our coaches have all passed the relevant SAGF and FIG courses and have all attended accredited First Aid classes.

Donna Lowry	Head Coach – FIG 2 – SA International Judge
Melanie Kohrs	Level 2 Coach – BREVET Judge
Etienne Berger	Head Coach for boys, Level 2
Ceara De Gouveia	Level 1 Coach
Shayle Bubb	General leader Coach
Charmaine Arendse	General leader Coach
Lizelle De Bruijn	General leader Coach
Chalisha Joubert	General leader Coach
Lauren Isaacs	Assistant coach when available – Level 1, Level 3 Judge
Megan Isaacs	Assistant coach when available – GL, Level 1 Judge
Mackenzie Buret	Assistant coach when available - GL



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GROUND RULES:

For the parents:

- Keep us informed if your contact details change.
- Please mark all belongings, including water bottles.

No parents are allowed at classes unless you join the club as a gymnast, this is because you will be a distraction to your child. We will schedule open classes if you would like to watch your child on occasion.

- The foyer is the waiting area for parents. Also, no parents are allowed upstairs.
- It is requested that you do not park directly in front of the entrance. We need to see the gymnasts entering and leaving.
- Please do not be late for pick-up, this influences the schedules of our coaches.
- Please do not approach the coaches during training, unless you have previously made an appointment. Donna will respond to all emails and communicate with coaches as required.
- Please ensure the church is kept clean at all times.
- Timothy is employed by the church to look after us all, please be respectful to him and other members

For the gymnasts

- Wear comfortable clothes to training sessions. Shorts and t-shirt, a leotard, or tracksuits are preferable
- Dress warmly – cold muscles injure easily.
- Be quiet and wait outside on your mats for your class to start.
- No playing upstairs or in the bathroom.
- No climbing on apparatus unless a coach is present.
- No eating or drinking in the church hall.

Giants Gymnastics Blouberg 2022

Group	Hours	Fees per Term	Fees per Month		
Tiny Tots	45 min	R990	N/A	Additional Classes	
Beginners	1 hour	R990	N/A	1 x Session	R100
Intermediate Groups	1.5 hours	R1400	N/A	Registration Fees	
Adult Classes	1.5 hours	R100 per session	N/A	Competitive CAT A Level 4 - Olympic	R690
Adults Classes Competition	3 hours	R100 per session	N/A	Competitive CAT E Level 1- 3	R370
Girl/Boys Levels	2 hours	(R6600pa)	R600	Non Competitive Cat B	R110
Girls/Boys Levels	4 hours	(R7970pa)	R725	Club Levy	R200
Girls/Boys Levels	6 hours	(R10 160pa)	R925		
Senior Levels	8-10 hours	(13 000pa)	R1200	Banking Details	
				Giants Blouberg Gymnastics (PTY) LTD	
				Nedbank, Account Number: 118 731 0204	

Giants Gymnastics Blouberg Training Timetable 2023

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tots	13:45 – 14:30	13:45-14:30	13:45-14:30	13:45 – 14:30	
Beginners	14:45 – 15:45	14:45 – 15:45	14:45 – 15:45	14:45 – 15:45	
Bronze A and B		15h00 – 16h30 A	15h00 – 16h30 B		
Silver A and B			15h00 – 16h30 A	16h30 – 18h00 B	
Gold A and Squad	15h00 – 16h30 squad	16h30 – 18h00			
Girls Level 1	15h30 – 17h30 Crystals 16h00 – 18h00 Sapphires				14h30 – 16h30 All
Girls Level 2			15h30 – 17h30 Rubys 16h00 – 18h00 Emeralds		14h30 – 16h30 All
Girls Level 3 Topaz		16h00 – 18h00		16h00 – 18h00	
Seniors Level 5 – 7 Gold and Platinum	16h00 – 18h30	16h00 – 18h30	16h00 – 18h30	16h00 – 18h30	
Level 4 Diamonds	16h00 – 18h30			16h00 – 18h30	
Boys Level 1 - 4	16h00 – 18h00 Boys 2	16h00 – 18h30 Boys 1	16h00 – 18h00 Boys 2	16h00 – 18h30 Boys 1	
Blouberg International	School groups			14:30 – 15:15	
Generations Sunningdale	School groups	14:00 – 14:45 (6-9 years)	13:00 – 14:00 (3-6 years)		
Adults		18:15 – 19:30			