



Frequently Asked Questions



What do the classes involve?

➤ Recreational

This is an introductory non-competitive class teaching the basic body and apparatus fundamentals of Rhythmic Gymnastics in a fun and creative environment. It is fantastic for building a child's coordination, in addition to developing poise, balance, agility and posture.

➤ Level 1 & 2

This is a beginner level, competitive class teaching gymnasts to develop their fundamental skills with the apparatus through competing in club-based, banded events, as well as having the opportunity to compete at a State level.

➤ Level 3-4

This is a competitive class where gymnasts further develop their fundamental skills with the apparatus and have the opportunity to compete at a State level.

➤ Stage 1 & 2

This is the initial High Performance level, for gymnasts aged between 6 – 9 years. Entry to this class is by selection only.

➤ Level 5-10 + Elite

This is an advanced competitive class, where gymnasts have the opportunity to compete Nationally from Level 5 and above, with age divisions (involving maximum age limitations, existing for Levels 5-9 Open, in addition to the Level 9 (13-15 yrs) and 10 divisions. The two international levels of competition for rhythmic gymnastics are the Junior International and Senior International divisions – the highest forms of rhythmic competition.

At what age can my daughter commence classes?

Classes are available for girls aged 5-24+ years old.

How big are the class sizes?

We offer a student to coach ratio of approximately 10 to 1 on the Rec / Lvl & 2 classes to provide more individualised instruction. This ratio may vary depending on the level, qualification and ability of the class coach and will be determined by Le Ray Gymnastics

Does every gymnast have to compete?

Competition is not compulsory and gymnasts are welcome to train at a recreational level or progress through the levels program and remain non-competitive.

What training attire do gymnasts require?

Gymnasts need to wear tight fitting clothes e.g. leotard and tights. Black is the preferred colour and no shoes are required. Socks can be worn and hair tied neatly. Training attire can be purchased from Bloch, Target, Kmart or any similar retailer.

What else is required for the class?

Gymnasts can pack a light snack and water bottle to bring to class. All Rhythmic Gymnastics apparatus is supplied for the Recreational and Level 1 & 2 classes and the coaching staff will advise higher levels gymnasts of the apparatus requirements for their level.

Is an introductory class offered?

If a gymnast attends an introductory class and decides to continue after the first class the fee for the class will be built in to the first term fees which will be due prior to the second class. If a gymnast attends an introductory class and decides not to continue, the class is not charged.

Are make-up classes offered?

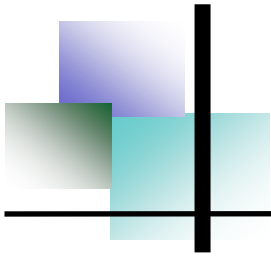
You can request a makeup lesson via the Parent Portal for any missed lesson. Makeup lessons can be booked at any of our centres however, because of our strict student to teacher ratio, makeups are only permitted on specific classes where space is available. For more information please see full policy on the Parent Portal upon registering.

Le Ray Gymnastics

Locations Abbotsleigh | Academy | PLC Sydney | Ravenswood

Phone +61 2 8328 0676 **Postal Address** 45 Evans St Balmain NSW 2041

Email enquiries@leraygymnastics.com.au **Website** www.leraygymnastics.com.au



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Are parents permitted to watch classes?

All classes are closed training sessions but parents are welcome to watch the last 10-15 minutes of the class. It is important that the gymnasts remain focused for the duration of the class.

Do classes continue through the school holiday periods?

Our classes are run all year round including school holiday periods. Term dates are set at the beginning of the year and continue into school holiday periods. Camps and other workshops may also be offered during school holiday periods as we believe ongoing training maximises progress for our gymnasts.

How do I drop off or pick up my daughter from classes?

Parents must escort gymnasts to and from the gymnasium or other specified pick-up and drop-off locations. If you are going to be later picking up your daughter you must advise the Head Coach - this is not acceptable on a day-to-day basis.

Can gymnasts who attend a different school train at the club?

All locations are open to students from Abbotsleigh, PLC Sydney and Ravenswood Schools and the general public. Start and finish times are flexible so please enquire if you are unable to make the specified class time.

How are the fees calculated?

Fees are charged per term and take into account a range of costs including coaching, administration, facility hire etc. in addition to a sliding scale of hourly rates based on the gymnasts level and training hours per week.

How regularly is payment required?

Prepayment for each term is required for all club members from recreational to elite through our online Parent Portal. This means that payment must be made prior to the commencement of the term.

Direct Debit via debit or credit card is the only method of payment for fees. It provides a secure and convenient payment method for customers whilst reducing the time we spend on administration so we can provide a better level of service to you.

When can I get started?

Registration is open all year round so gymnasts can start at any time as long as there is a place available in the class you are interested in. Please complete the online [New Member Enquiry Form](#) and one of our friendly staff will be in contact to notify you of the next step in the registration process.

Locations:

- **Abbotsleigh**
Abbotsleigh School
1666 Pacific Hwy, Wahroonga NSW 2076
Enter via the carpark off Ada Avenue – walk up the stairs from the carpark and the gymnasium is the older style building adjacent to the hockey field.
- **Academy & High Performance**
Greenacre Community Centre
87 Waterloo Rd, Greenacre NSW 2190
Enter the main gates on Waterloo Rd. There is a large carpark available for parking.
- **PLC Sydney**
Presbyterian Ladies' College, Sydney
Boundary St, Croydon NSW 2132
The gymnasium is located in Thompson Hall, adjacent to the large oval running along on Young Street.
- **Ravenswood**
Ravenswood School for Girls
Henry St, Gordon NSW 2072
Enter the school gates on Henry Street and continue up the stairs. Veer right and the gymnasium is located adjacent to the large oval (above the swimming pool).

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