



**DANCE
GYMNASTICS
CHEERLEADING**

Aussie Gems Member Information Handbook

Posted November 2024

Aussie Gems is located between unit 10, 25 Frenchs Forest Rd E, Frenchs Forest, where Gymnastics and Dance are held, and unit 13, 25 Frenchs Forest Rd E, Frenchs Forest where our tumbling and cheerleading program are held.

Aussie Gems was established in 2018 and is a family run and owned business. As members of the northern beaches' community with 3 active kids, our goal is to continue to create a safe and fun space for kids to excel in their chosen sport.

Aussie Gems is a club that provides recreational and competitive gymnastics, dance, and cheerleading, to all of the Northern Beaches and the wider community. In the past 7 years we have seen our gym build and flourish.

In 2024 Aussie Gems welcomed over 1900 local students into our gym. We pride ourselves on being the best gym in the Northern Beaches.

We have over 1500 families that we have connected with at Aussie Gems. Supporting them through gymnastics, cheerleading, dance and tumbling.

Our ultra-modern, state-of-the-art facility provides wonderful opportunities for 2yrs of age and up, of all abilities and levels, in all activities. We are able to tailor programs for our local school programs.

We provide a positive community that encourages resilience and self-motivation by supporting each child to reach their personal best.

Aussie Gems Rules

1. Always have fun
2. Respect each other and your coaches
3. Always give 100%
4. Always bring your own water bottle to stay hydrated
5. No food or drinks (except water) are allowed on the gym area and must be consumed in the café or designated longues.
6. Only enter the gym when it is class time
7. No parents on the gym floor
8. Always dress appropriately
9. No chewing gum

Facility

Our facilities are open and viewable from many areas. There is to be no staff alone with children, especially in areas that can be seen from a distance, e.g. bathroom, upstairs rooms. Parents are able to view and watch their children at all times.

Use of camera, mobile phone filming or recording device is restricted to only filming your own child and ensuring no others are filmed without permission. (See our social media policies for use of photos on our socials).

Toilets and amenities & upstairs

Any use of a camera, mobile phone, filming or recording device is strictly prohibited within the change rooms and toilets areas. Any reported breach of this policy will be immediately reported to the Police. Upon entering you accept that it is the responsibility of the parents to supervise their children whilst using these facilities, or children will be responsible for themselves when using these facilities.

Use of carpark and driveways

- Parents and visitors must park only in designated visitor car spaces within the facility. For unit 10 these are marked on the curbs with the business name. For unit 13 there is limited parking and there are 3 spots available to left of the main door, or in front of the **two** rollers that leads to the unit. Parents and visitors **cannot** park in front of any other units as we do not have access is any other areas.
- As our carpark is a private facility, we cannot be responsible for any personal vehicles parking in the facility, park at your own risk.
- The carpark is shared walking and driving space and no child is to be unattended the carpark area. Parents must pick up/drop off the children in appropriate/safe area.

Other

1. All emergencies must be brought to the attention of management (at the front desk or by phoning 029451 5706) or to the attention of the coach.

2. Other contact details include:
Email: info@aussiegems.com.au
3. No smoking in any part of the facility.
4. No animals to be brought into the facility at any time, excluding service animals.

Member Safety & Child Safety

We aim to promote the safety and empowerment of cultural and/or linguistically diverse backgrounds, religions, race and those who identify as LGBTIA+.

We aim to empower all children and young people and ensure they have a voice in their decisions and given opportunities to express their views. Children should have equal opportunities to feel welcome and safe.

We encourage friendship and aim to always create a positive environment for all children and young people, and do not tolerate bullying or harassment of any kind. (Please see, our complaints policy and harassment bullying for more information on protecting children and their rights.

Our Programs

Little Gems Preschoolers

Little Gems is Aussie Gems preschooler program run in the mornings for little kids looking to start their journey in the gymnastics dance and cheer worlds.

Gymjoey's is a program for 2-to-6-year olds. It's a fun, high-energy movement program, run by our accredited coaches and designed to help children cultivate their gross motor, visual motor and social skills in a non-competitive environment.

Mini Dance/Acro is a program recommended for 2 – 6yrs old and is a mix of acro/dance skills, focusing on balance, coordination, musicality and rhythm. Learning dance choreography to all your favourite kidz bop songs.

Gymini is a program for 4 – 6yrs old and focuses on the fundamentals of gymnastics, teaching basic elements and strong technique on each apparatus. We want your child to flourish and develop these lifelong skills while having fun in an environment that's both positive and accelerating.

We also run a free-play on selected days, where the kids can be active and explore the gym at their own pace.

Competitive Cheerleading

Aussie Gems is one of NSW fastest growing Cheerleading clubs . The Aussie Gems coaching team are fully accredited and experienced, specialising in Cheerleading for all ages and abilities.

Cheerleading is a unique sport that combines Gymnastic skills, Tumbling, Flipping, Jumping, Stunting and Dance all in one routine. It requires muscular endurance, stamina, co-ordination, flexibility and a high strength level from its athletes.

We are dedicated to building champion athletes, whilst also teaching them valuable life lessons such as accountability, integrity, work ethic and commitment. All our coaches are highly accredited, bringing a wealth of knowledge to the cheer floor having competed at state, national and international level.

Tumbling (Floor-based Gymnastics)

Aussie Gems' world-class cheerleading floors, and tumbling equipment provide the perfect environment for our extensive program of after-school floor-based gymnastics classes, offering two cheer floors, and multiple pieces of tumbling equipment.

Our floor-based Gymnastics program caters for a wide range of abilities, from those wishing to try beginner Tumbling classes up to perfecting Back Handsprings, Walkovers, Fulls & Twisting or Tucks & Layouts to aspiring athletes and all-star Cheerleaders looking to further develop and fine-tune their tumbling and stunting skills.

Competitive Gymnastics

Competitive Gymnastics works on all of our Olympic apparatus for both Women and Men: Focusing on Technique, Flexibility, Strength and fun, our high-level coaches will help you reach your true potential. The Aussie Gems coaching team are all fully accredited through Gymnastics Australia and are highly motivated individuals with a proven track record of getting the best from their athletes.

Recreational Gymnastics

Competitive Gymnastics works on all of our Olympic apparatus for both Women and Men: Focusing on Technique, Flexibility, Strength and fun, our high-level coaches will help you reach your true potential. The Aussie Gems coaching team are all fully accredited through Gymnastics Australia and are highly motivated individuals with a proven track record of getting the best from their athletes.

Recreational/Competitive Dance

Recreational Dance options are offered for all ages, from our Little Gems preschool classes (2-6yrs) with Mini Acro and Mini Dance to Open Gym for adults, as well as a wide range of Competitive dance styles including Jazz, Hip Hop, Lyrical, Contemporary, Pom and Technique.

School Holiday Programs

Located inside Aussie Gems, our Hukilau Cafe is prepared to take your orders with a delicious all-day menu, as well as coffees, amazing fresh juices and much more. Feel free to have a seat watching their classes while enjoying a great coffee and a meal.

Birthday Parties

2 hours of non-stop fun with enthusiastic party coaches; A range of activities such as Nerf, Ninja, Multisport, Slime Making, Cupcake Decorating, Cheerleading, Dance and Gymnastics for you to choose from with no requirement of previous experience; 4 different types of packages; Exceptional facilities, including trampolines, massive cheer floors, Airtracks, gymnastics equipment, dance room on the upper level and much more; Hukilau Cafe is also prepared to take your orders for catering.

Hukilau Café

Located inside Aussie Gems, our Hukilau Cafe is prepared to take your orders with a delicious all-day menu, as well as coffees, amazing fresh juices and much more. Feel free to have a seat watching their classes while enjoying a great coffee and a meal.