

CURRICULUM 2019

(Version 3, 11th December 2018)

Due to class numbers curriculum may change.

MISSION STATEMENT

To create a community based sporting environment which facilitates the development of healthy, confident, responsible people whom not only appreciate their own worth and abilities but also appreciate and care about others.

UNDERLYING PRINCIPLES AND VALUES

MYC is a community which values...

- Dignity & respect for all
- The development of responsibility and self-discipline through the enjoyment of sport
- The recognition and achievement of individual goals and skills
- The development of opportunities for the Club members and staff to grow towards their full potential
- Open communication and teamwork
- The involvement and contribution of the Club community
- A safe environment for all
- Financial responsibility

ABOUT THE CLUB

The Mitchelton Youth Club (MYC) has been a member of the community for over 60 years. We are a not-for-profit community organisation run by a volunteer committee. The MYC Annual General Meeting is held in September / October each year.

All senior coaches employed by the Club are fully accredited and nationally registered members of their respective sporting organisations. We also have an on-going staff training scheme in place to ensure that the Club's future programming needs are met. Coaches are required to upgrade their qualifications annually.

MYC is one of the few clubs in the State to offer a curriculum which enables a child to start at Kindergym and progress to high levels in numerous sports. We are also in the position to offer inter-related sports. For example, your child may combine Gymnastics with Tumbling or Trampoline Sports.

MANAGEMENT STRUCTURE 2018/2019

The MYC Executive and Management Committee are elected at the Annual General Meeting each year, and are made up of volunteers. The Management Committee is supported by a full time Club Manager, a full time Accounts Manager, a full time Coaching Director and a part time Competition Manager / Administration Assistant.

OBJECTIVES

The objectives of the Club include:

- encourage members to participate in organised, competitive sport;
- the provision of qualified, accredited coaching staff;
- promotion of healthy recreation;
- encouraging good fellowship among members; and
- the provision of opportunities for improving physical fitness

WAITING ROOMS

The Club's safety policy states that only members directly involved in a class in progress are allowed access to the Gymnasium. Parents, siblings and associates must wait in mezzanine floor tiered seating viewing area. Members waiting for classes to commence, must wait in the downstairs waiting room where a bag rack is located to store belongings.

OUTSTANDING FEES

Please note that the club requires members to have a \$0 balance to commence the new term.

For members attending 2 hours per week or less term fees are due prior to commencement of the term.

Members attending more than 2 hours per week will be invoiced. Invoices are due for payment within 14 days of issue date.

Note: *Coaches are not permitted to allow unregistered members into class. For Insurance purposes all members must "register" at the office and pay their registration fees before taking part in a class.*

Women's Gymnastics (WG)

WG is a levels-based program incorporating women's apparatus (vault, uneven bars, beam and floor).

WG LEVEL CLASSES

Beginner (Level 0) (1 h/w)

Monday	3:30pm – 4:30pm
Tuesday	3:30pm – 4:30pm
Wednesday	3:30pm – 4:30pm
Thursday	3:30pm – 4:30pm
Friday	3:30pm – 4:30pm
Saturday	10:00am – 11:00am

Level 1 (2 h/w)

Monday	4:30pm – 6:30pm
Wednesday	4:30pm – 6:30pm
Thursday	4:30pm – 6:30pm
Friday	4:30pm – 6:30pm
Saturday	11:00am – 1:00pm

WG Level 2 (2.5 h/w)

Monday	4:00pm – 6:30pm
Tuesday	4:00pm – 6:30pm
Wednesday	4:00pm – 6:30pm
Thursday	4:00pm – 6:30pm
Saturday	12:00pm – 2:30pm

WG Level 3+ (3 h/w)

Tuesday	5:00pm – 8:00pm
Thursday	5:00pm – 8:00pm
Friday	4:00pm – 7:00pm

WG SQUAD CLASSES

Squad members will attend all of the classes listed below their squad names. If unavailable for all of the days, attendance can be negotiated with the Director of Coaching

WG Ruby (4 h/w)

Tuesday	3:30pm – 5:30pm
Thursday	3:30pm – 5:30pm

WG Topaz (9 h/w)

Tuesday	4:30pm – 7:30pm
Thursday	4:30pm – 7:30pm
Saturday	8:00am – 11:00am

WG Sapphire (9 h/w)

Monday	5:00pm – 8:00pm
Wednesday	5:00pm – 8:00pm
Friday	5:00pm – 8:00pm
Saturday	8:00am – 11:00am

Men's Gymnastics (MG)

MG is a levels-based program incorporating all men's apparatus (vault, high bar, rings, floor, pommel horse and parallel bars).

MG Beginner (1 h/w)

Monday	3:30pm – 4:30pm
Wednesday	3:30pm – 4:30pm
Friday	3:30pm – 4:30pm
Saturday	10:30am – 11:30am

MG Level 1/2 (2 h/w)

Monday	3:30pm – 5:30pm
Tuesday	3:30pm – 5:30pm
Friday	3:30pm – 5:30pm
Saturday	12:00pm – 2:00pm

MG Junior Squad (level 3/4) (up to 6 h/w)

Tuesday	3:30pm – 5:30pm
Thursday	3:30pm – 5:30pm
Saturday	10:00am – 1:00pm

MG Senior Squad (10.5 h/w)

Tuesday	5:30pm – 8:30pm
Wednesday	5:30pm – 8:30pm
Friday	5:30pm – 8:00pm
Saturday	10:00am – 1:00pm



ACROBATIC GYMNASTICS

Sports Acrobatics for both boys and girls, combines tumbling, dance, acrobatic throws and lifts, and is done in pairs, trios and fours.

Inclusion into the MYC Acrobatic program is open to all and coaches will assess levels. Grouping will be based upon availability and levels.

Junior (Level 1 - 2)

Wednesday	3:30pm – 5:30pm
Thursday	5:30pm – 7:30pm

Senior (Level 3+)

Monday	5:00pm – 8:30pm
Wednesday	5:00pm – 8:30pm
Friday	5:00pm – 8:00pm

Conditioning Class - Open to all disciplines

Saturday 8 – 9am

Tumbling

A class designed to cater for basic skills for the beginner through to the high-level competitor. Tumbling is an excellent class to polish skills in addition to Gymnastics, Acrobatics or Trampoline Sports.

Beginner (1 h/w)

Saturday 12:00pm – 1:00pm

Intermediate (1.5 h/w)

Tuesday 5:00pm – 6:30pm

Saturday 1:00pm – 2:30pm

Advanced (1.5 h/w)

Tuesday 6:30pm – 8:00pm

Trampoline Sports

Trampoline sports is a levels-based program for boys and girls, starting with basic skills and safety awareness and progressing through to high-level competition squads in both trampoline and double-mini trampoline.

Beginner / Level 1 (1 hr/w)

Monday 3:30pm – 4:30pm

Tuesday 3:30pm – 4:30pm

Tuesday 4:30pm – 5:30pm

Thursday 3:30pm – 4:30pm

Friday 3:30pm – 4:30pm

Saturday 8:00am – 9:00am

Beginner 10-16 years (1.5 hr/w)

Thursday 4.30pm - 6.00pm

Level 2 / 2A (1.5 hr/w)

Monday 4:30pm – 6:00pm

Wednesday 4:00pm – 5:30pm

Friday 4:30pm – 6:00pm

Saturday 9:00am – 10:30am

Level 3 (2 hr/wk)

Tuesday 5:30pm – 7:30pm

Friday 6:00pm – 8:00pm

Level 4+ (up to 6.5 hr/w)

Monday 6:00pm – 8:00pm

Wednesday 5:30pm – 8:00pm

Saturday 10:30am – 12:30pm

Recreational 16+ years (1.5 hr/w)

Thursday 6:00pm – 7:30pm

FreeG

Freestyle gymnastics fuses traditional gymnastic and acrobatics with kicks leaps and tricks made famous through activities commonly practiced in urban settings.

7 to 12 years

Thursday 3:30pm – 4:30pm

Saturday 2:30pm – 3:30pm

10 to 16 years

Friday 5:30pm – 6:30pm

Friday (adv) 6:30pm – 8:00pm

12 to 16 years

Saturday 3:30pm – 4:30pm

Kindergym (Ages 2 - 3) (1 h/w)

Parent and child participation. This class is designed to develop body awareness (gross motor, fine motor and perceptual skills), and cognitive, social and emotional development.

Monday 9:30am – 10:30am

Monday 10:30am – 11:30am

Wednesday 9:30am – 10:30am

Friday 9:30am – 10:30am

Friday 10:30am – 11:30 am

Pre-School & Prep Gym (1 h/w)

Both classes are general gymnastics program for boys and girls to aid in the continued development of gross and fine motor skills.

Pre-School Classes are run for children **aged 4-5** and whom are not currently at school.

Monday 9:30am – 10:30am

Monday 10:30am – 11:30am

Wednesday 9:30am – 10:30am

Friday 9:30am – 10:30am

Friday 10:30am – 11:30am

Saturday 8:30am – 9:30am

Prep Gym classes are run for children currently enrolled in Prep at school.

Monday 3:30pm – 4:30pm

Tuesday 3:30pm – 4:30pm

Friday 3:30pm – 4:30pm

Saturday 8:30am – 9:30am



Judo

Judo is a dynamic Olympic sport founded in 1882. Beginners learn break falls, throws and hold downs before advancing to Intermediate level where they learn more advanced techniques. Judo is a fun sport, developing social skills and building self-esteem.

Junior Wednesday 6:30pm – 8:00pm

Senior Wednesday 6:30pm – 8:30pm

Adult Gym Classes

Gymnastics Thursday 7:00 – 8:30pm

CLUB RULES AND POLICIES

Club rules and policies along with other important information on MYC is found in the club handbook which is issued to all new members.

LEVIES & FEES

Association Levies

As an affiliated club of the following associations, we are required to register our members with these parent organisations. These fees include an insurance component for members. If joining in term 4, affiliation and family membership will also include 2019.

Queensland Gymnastics (Per Member)

(Women's Artistic Gymnastics, Men's Artistic Gymnastics, Trampoline Sports and Sports Acrobatics) –

Kindergym, Pre School, Prep.....	\$55.00
Level 0-3.....	\$60.00
Level 4-10.....	\$100.00

NB Members doing more than one discipline only pay one registration fee.

Judo Federation of Australia

(New members \$20 admin fee plus)

Judo juniors (under 8 years).....	\$60
Judo juniors (under 16 years).....	\$80
Judo seniors	\$120

MYC Levies

The club membership fee is \$65 (inc GST) per annum per family. It is payable in January each year or when signing-on throughout the year

The equipment levy is \$10(inc GST) per term per member. This is capped to two members per family. No equipment levy will be payable for the third or subsequent family members.

MYC Fees – Term fees for 10 weeks

Fees are reviewed at our Annual General Meeting (Sept/Oct) in accordance with the yearly budget and are set for a 12 month period. (Please contact Office for current schedule)

Fees are paid per term. The hourly rate has been provided for your assistance. The hourly rate commences at \$15.50 and is reduced at the following increments:

Hrs / Week	Hourly rate	Term rate
1.0 h/w	\$16.00	\$160
1.5 h/w	\$14.75	\$221.25
2.0 h/w	\$13.15	\$263
3.0 h/w	\$11.25	\$337.50
4.0 h/w	\$10.15	\$406
5.0 h/w	\$9.00	\$450
7.0 h/w	\$8.50	\$595
10 h/w	\$8.00	\$800

Note: MYC classes are held during the state school term. These will be billed according the number of weeks in each school term as listed below. We do not hold classes or charge fees for public holidays.

PRIVATE CLASSES & HOLIDAY TRAINING

Private classes and holiday training may be booked for members enrolled in classes via the office. A separate account will be issued.

INSURANCE

For insurance purposes, it is forbidden for any child to attend classes without first signing on. Members are required to have medical information on file. When registering, please advise us of any medical problems by completing the appropriate section on the Registration Form. Parents are requested to notify the Club and the child's coach of any medical condition or medication need (e.g. asthma puffers), which may affect the child's training. Members with Asthma must bring their puffer to all training sessions.

ACCIDENT PROCEDURE

Parents will be notified of accidents as soon as practical. In case of serious injury (e.g., head injury or suspected fracture) an ambulance will be called. An accident register is kept by the Club. All insurance claims must be lodged with the appropriate sport insurer within 30 days.

2019 TRAINING TERMS

MYC training terms coincide with Queensland State School terms. Please note that classes are **NOT** held at MYC on Public Holidays unless advised otherwise by your child's coach. Classes **ARE** held on Pupil-Free Days during the term. Fees adjusted according to number of weeks in the term.

Term 1 (10 weeks)	Tue 29 Jan – Sat 6 April
Term 2 (11 weeks)	Tue 23 Apr – Sat 29 June
Term 3 (10 weeks)	Mon 15 July – Sat 21 Sept
Term 4 (10 weeks)	Tue 8 Oct – Sat 14 Dec

MYC will **NOT** be open on the following during 2019:

MONDAY 28 JANUARY – Australia Day Holiday
FRIDAY 19 APRIL – Good Friday
SATURDAY 20 APRIL – Easter Saturday
SUNDAY 21 APRIL – Easter Sunday
MONDAY 22 APRIL – Easter Monday
THURSDAY 25 APRIL – ANZAC Day
MONDAY 6 MAY – Labour Day
WEDNESDAY 14 AUGUST – Ekka Show Holiday
MONDAY 7 OCTOBER – Queens Birthday

Mitchelton Youth Club Inc.

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MYC News and Latest Information

Visit our website
www.mitcheltonyouthclub.org.au

Facebook: mitcheltonyouthclub