

# Flipping Fit

## Move Like A Gymnast

### PRIVATE GYMNASTICS TUITION *since 2003*

*Thank you for choosing Flipping Fit for your private gymnastics tuition.*

As part of your training, we will be using a number of teaching techniques to assist with achieving your gymnastic skills faster and with the highest quality.

#### **Your first training session will include:**

- ❖ A discussion of current health/injury issues
- ❖ Goal discussion
- ❖ A review of your current skill level



#### **Your following training sessions will include:**

- ❖ Flipping Fit 'best practice' skill progressions
- ❖ Whole-part-whole teaching method
- ❖ Visualization tools, techniques & demonstrations
- ❖ Video analysis
- ❖ Access to our "Clients Only" Facebook group
- ❖ Recorded skill progression

*We look forward to working with you and helping you reach your acrobatic dreams.*

#### **Your investment: All training sessions are 55 minutes**

Private	"Intro"	"Progress"	"I'm Serious"
1 person	3 Pack \$90/session	5 Pack \$85/session	10 Pack \$80/session
<b>TOTAL</b>	<b>\$270</b>	<b>\$425</b>	<b>\$800</b>

*\*5% discount available to Full-Time students. Proof of enrolment required.*

**Annual Club Membership:** To access our venues and services, all members must pay the Annual Club Membership fee (\$100) which includes Personal Accident insurance coverage with Gymnastics Australia.

**Payment:** Packs must be paid in FULL prior to your session. Preferred payment is via direct deposit on invoice.

**Validity:** All packs are valid for a period of 6 months from the first session. Extensions cannot be granted.

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### QUESTIONS

#### **What can I expect from my Flipping Fit training sessions?**

Expect to receive “Knowledge” and “Know How” at every training session. Gymnastics is about learning the efficiency of movement where feeling is understanding. We will equip you with the **technical knowledge** you need to perform your skills effortlessly with an emphasis on learning the biomechanics of movement, and the **know-how** to implement the most effective drills into your own training sessions.

#### **What if I have never done gymnastics before?**

At Flipping Fit we know that “success comes from strong foundations”. If you are new to the sport, we will start at the start and teach you the required grounding **basics** following the Gymnastics Australia fundamentals of; Spring, Swing, Jump, Rotate, Balance, Land. Following this, we will continue to challenge and extend your skill base with the focus of achieving your goals. Learning gymnastics is about building blocks and if you trust the coach, you need to trust the process.

#### **I want to learn gymnastics but I don't want to get hurt?**

Due to the nature of gymnastics involving going up side down, walking on your hands and being air borne, there is of course, an inherent risk of injury. But this is the thrill of gymnastics. However, this risk is reduced through the teaching of skills with steady progression and conditioning the body for this type of movement. At Flipping Fit **safety is our #1 value**. Our “best practice” skill progressions are tried and tested. We have the experience, qualifications and knowledge. We also value teaching with integrity, teaching with honesty and never assuming ones ability.

#### **What happens if I fall sick or injured and cannot train?**

Firstly you will need to adhere to our Cancellation Policy. Following that, you will need to keep your Trainer informed of treatment or time off training that you will require to recover. Remember we are here to help you reach your gymnastic goals and sometimes rehabilitation training is part of the process. With the guidance of your treating physician we can help you with this. Of course sickness and/or injury may impact on your training developmental curve.

#### **How quickly should I expect to progress?**

Most clients can make significant progress within 20 weekly sessions (6 months). To perform gymnastic skills requires a high level of dedication to develop and coordinate a range of motor abilities: balance, agility, power, coordination, speed, flexibility, strength and endurance. They also require movement through multiple planes of motion: sagittal, frontal and transverse. When we experience gymnastics movements, we are also training the nervous system and cognitive processes. So for this reason, every body is different.

#### **How often should I be practicing what I learn to get better?**

We all know that practice makes us better, so you will need to be practicing what you learn away from Flipping Fit, as often as possible to achieve the fastest level of progression. You may also be given training homework. At minimum, you should be doing your 1-minute handstand every second day and body weight conditioning exercises such as push-ups, dips and squat jumps, plus core work we teach you which requires no specialised equipment.

#### **What if I cannot train weekly?**

Weekly training sessions are ideal to achieve accelerated progress. If you cannot train for one week, it is important to make sure you practice what you have learnt in your own training time to continue your development. You will also have access to Ally Walker in our “Clients Only” facebook group who is available to assist and mentor you 24/7 with your training developments and questions.