



## Coffs Coast

Term 2 2025  
A Revival of Management

Come and explore our new, fun-filled programs  
!!!!!!!!!!

Meet our old and new management team  
John and Jemma, and the new manager, Clara

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NSW, 2452  
Phone: 02 6658 7188  
Email: [springloadedcoffscoast@gmail.com](mailto:springloadedcoffscoast@gmail.com)

Booking:  
<https://portal.iclasspro.com/springloadedcoffscoast/dashboard>



## **Term 2 2025 – Under new Management**

**At the end of Term 1 we are saying goodbye to two amazing ladies, Kristie and Lani. They have been the management team for Springloaded Coffs Coast since 2022 and have been an integral part of the Springloaded Coffs Coast community. We wish them all the best with high-level new venture.**

**Term 2, we are welcoming back John Renauds and Jemma Scotford and introducing the new Centre manager, Clara Pretorius.**

**Gymnastics is my passion. It is amazing seeing the joy on the faces of the gymnasts and kids when they reach a personal goal or hit a skill!!! I'm a qualified Coach and Judge with over 43 years of experience in gymnastics. I started my career as a gymnast at the age of 3, my parents thought gymnastics would be a safer alternative than climbing on the roof of the house, doing cartwheels on the pool fence, and swinging and jumping out of trees. They were right, it was amazing, and that was the beginning of my passion for gymnastics. I ended my career as a gymnast, competing at Level 10 after a serious ankle injury. Gymnastics is in my blood and soul and I'm looking forward to working and being part of the Springloaded Coffs Coast Community**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:30 am Awakened Motion		6:00 - 7:30 am Awakened Motion	6:00 - 7:30 am Awakened Motion		8:00 – 8:45 am Toddler and Kindy Play Bunnies and Squirrels	
9:00 - 10:00 am Little Hero's	9:00 – 10:00 am Vitality in Motion Fit and Balance		9:00 – 10:00 am Vitality in Motion Movement and Agility	9:00 – 10:00 am Vitality in Motion Brain and Body Chair based	8:45 – 9:45 am Fun In Motion	
10:15 – 11:00 am Toddler Play Squirrels	10:15 – 11:00 am Toddler Play Squirrels		10:15 – 11:00 am Dynamo Panda's	10:15 – 11:00 am Toddler Play Squirrels		
11:00 – 11:45 am Kindy Play Monkeys	11:00 – 11:45 am Kindy Play Monkeys		11:15 – 1:15 pm Home school & Distance Ed	11:00 – 11:45 am Kindy Play Monkeys	10 am to 5 pm Casual Play	10 am to 5 pm Casual Play
3:45 – 4:45 Fun In Motion Toddler and Kindy Play Gym Gems Topaz	3:45 – 4:45 Fun In Motion Toddler and Kindy Play Gym Force Iron	3:45 – 4:45 Fun In Motion Toddler and Kindy Play Gym Gems Topaz	3:45 – 4:45 Fun In Motion Toddler and Kindy Play Gym Force Iron	3:45 – 4:45 Fun In Motion Toddler and Kindy Play Gym Gems Topaz	<b>Have your Birthday Party @ Springloaded!</b>	<b>Have your Birthday Party @ Springloaded!</b>
4:45 – 5:45 <b>Beginner Groups</b> Flips, Flyers and Dynamos	4:45 – 6:45 Gym Gems Sapphires Gym Forces Diamond Poetry In Motion	4:45 – 5:45 <b>Beginner Groups</b> Flips, Flyers and Dynamos	4:45 – 6:45 Gym Gems Sapphires Gym Forces Diamond Poetry In Motion	4:45 – 5:45 <b>Beginner Groups</b> Flips, Flyers and Dynamos		
4:45 – 6:45 <b>Intermediate Groups</b> Flips, Flyers and Dynamos	4:45 – 7:45 Gym Gems Opals Gym Champs	4:45 – 6:45 <b>Intermediate Groups</b> Flips, Flyers and Dynamos	4:45 – 7:45 Gym Gems Opals Gym Champs	4:45 – 6:45 <b>Intermediate Groups</b> Flips, Flyers and Dynamos	<b>Casual Play Fees</b> Under 5: \$15 pp Age 5+: \$18 pp 1½ hour: \$25 2 hour: \$30	<b>Casual Play Fees</b> Under 5: \$15 pp Age 5+: \$18 pp 1½ hour: \$25 2 hour: \$30
6:30 – 8:00 Fun and Free Adults	5:45 – 7:45 <b>Advance Groups</b> Tumble, Tramp	4:45 – 6:45 <b>Advance Parkour</b>	5:45 – 7:45 <b>Advance Groups</b> Tumble, Tramp	4:45 – 6:45 <b>Advance Parkour</b>		

## Little Motions

Our Kinder and Toddler programs are designed with a focus on physical and mental development in a fun and interactive environment. The programs are specially designed for toddlers and preschoolers, offering activities focusing on auditory, visual, and kinaesthetic learning that support physical and cognitive development.

Our programs encourage the kids to get active, challenge the environment, and engage in creativity in movement and navigating obstacles. The kids build confidence, resilience, and self-esteem through movement and exploration, providing a foundation for the future. We work together with childcare professionals in a variety of fields to ensure our programs are suited for the age groups and cover developmental needs for our kids in today's environment.

The program is developed for kids between the ages of 18 months (must be able to run) and 5 years. Parents/guardians are encouraged to participate in the classes. The squirrels and monkey classes are progressive from one to the other, providing the opportunity for families to join 1 class with kids in both age groups. The coaches will be able to guide the parents/guardians on the progress of the skills. The Dynamo Pandas is a program developed for the little ones that is adventurous, fast moving, high-energy, and inspired by ninja/parkour programs. The class will help the kids navigate obstacles and run a timed



**Squirrel Toddler's 18mt – 3yr**

**Monday, Tuesday and Friday 10:15-11:00**



**Monkey Kindy's 3-5yr**

**Monday, Tuesday and Friday 11:00-11:45**



**Dynamo Panda's 3-5yr**

**Thursday 10:15-11:00**

**Combined classes: Monday to Friday 3:45 – 4:30 and  
Saturday 8:00-8:45**

## Fun In Motion

Looking for a fun, active, and engaging way for your child to get moving? Our recreational classes are the perfect place to start their journey! At Springloaded, we are dedicated to offering your child a fun and inclusive program no matter their age and ability, creating an environment for your child to test their body's limitations in a safe and supportive way.

Our recreational programs are designed with a focus on both physical and mental development, all while providing a fun and interactive environment. Our programs include activities that engage auditory, visual, and kinaesthetic learning to support your child's physical and cognitive growth.

Classes are booked in according with school stages to ensure children with the same mindset and maturity are grouped.

**We run classes for each group every day, Monday to Friday, from 3:45 – 4:45 And on a Saturday from 9:00 – 10:00**

**Our homeschool/Distance Ed program is based on this program  
Please contact us for a group booking: Thursday 11:15 – 12:30**



**Preschool &  
Kindy**



**Stage 1  
Yr 1 & 2**



**Stage 2  
Yr 3 & 4**



**Stage 3  
Yr 5 & 6**



**Highschool  
Teens**

## Hero's in Motion

At our Inclusive Gymnastics Program, we believe that everyone should have the opportunity to experience the thrill of gymnastics, no matter their abilities. Designed specifically for individuals with disabilities, our program offers a welcoming, supportive, and adaptive environment where participants can explore movement, build strength, and gain confidence at their own pace.

Our programs are developed with the support of experts in the field, ensuring that everyone can enjoy the benefits of gymnastics in a safe and encouraging space. Through a combination of gentle stretching, body awareness exercises, and fun, creative gymnastics routines, participants will not only enhance their physical abilities but also foster a sense of accomplishment and empowerment. The program focuses on building self-esteem, social skills, and a strong sense of community, as participants work together, cheer each other on, and celebrate each milestone.

Everyone deserves the chance to move, grow, and have fun. Our Inclusive Gymnastics Program is a place where individuals of all abilities are welcomed, supported, and encouraged to reach their fullest potential—physically, mentally, and emotionally.

Please contact us with any enquiries or specific needs and we will arrange for a meeting.

**All ages – Please contact us to discuss your specific needs/support  
Monday morning 9:00 – 10:00**

## Awakened Motion

Looking to level up your performance in soccer, netball, AFL, hockey, or even surfing? Our early morning training sessions are packed with agility, endurance, and fun!

Come join us in our early morning training program. We focus on Key Movements, working on dominant movement patterns and bodyweight exercises that enhance your game performance.

We offer a Fun & Supportive Environment where training is challenging yet enjoyable, with a focus on team spirit and mental well-being. Connect with others and enjoy the social side of fitness! We use Gymnastics & Bootcamp Circuits, train using gymnastics equipment to create exciting circuits and bootcamp-style workouts. Push yourself at your own pace, and our coaches will guide you toward discovering untapped potential.

What You'll Improve:

**Coordination & Balance:** Master the movements that give you an edge on the field or in the waves.

**Spatial Awareness & Agility:** Sharpen your reaction time and make better decisions under pressure.

**Injury Prevention & Rehab:** Learn how to stay healthy with tips on injury prevention and effective rehab techniques.

Whether you're looking to enhance your skills or build overall fitness, our training sessions will help you achieve your goals while making fitness fun. Awaken your potential today!

**Anyone is welcome to join in, between the ages of 10 and 18.**

For younger kids, please contact Clara to discuss your needs

**Monday, Wednesday and Thursday 6:00 – 7:30am**

## Gym Gems and Gym Force

AT Springloaded Coffs Coast, we offer the opportunity to develop gymnastics skills in a recreational, fun, and inclusive environment. The kids get to build their skills on the set gymnastics apparatus within a progressive levels program. The programs follow the Future Leagues program designed by Recreational Gymnastics Australia. The program promotes the opportunity to participate in a fun, positive, individual and team-based competitive program, that is enjoyable for all, but allows the gymnasts to see growth and progression. The program starts at a beginner level (FL1) with the focus on basic skills and an understanding of the gymnastics movement patterns and progresses to a high level FL6, which allows the gymnasts to learn more difficult skills and advance tumbling passes.

The aim is to provide an environment where gymnasts can compete or train in a fun and inviting program that transitions from an entry level to higher levels of skill difficulty without the pressure of a typical competitive environment. The participants do not need to attend a competition to progress through the levels, as it is based on each participant's progression. The Future League program also offers the opportunity to transition into the Australian Gymnastics Competition and/or Gymnastics Australia pathways. The competition events maintain a high level of energy and fun, where sportsmanship between clubs and teammates is encouraged

**Minimum age is 6yr**



## Gym Gems and Gym Force cont



gymnast is able to use their own music and create their own routines and combinations within these parameters

### Gym Gems program

For gymnasts wanting to master the traditional artistic gymnastics apparatus with core gymnastics elements. Apparatus, vault, beam, bars, floor. The routines have set skills and composition requirements and the



### Gym Forces program

For gymnasts wanting to master the high energy, power and agility needed to compete on the traditional men's apparatus. vault, mushroom, high bar, ring, parallel bars, and floor. Gymnasts will compete on 4 apparatus.

Gymnasts are encouraged to attend 2 classes per week to ensure they get an opportunity to practice on all the apparatus.

**Beginner Levels:**

**Gym Gems Topaz – Monday, Wednesday and Friday 3:45 – 4:45**

**Gym Force Iron – Tuesday and Thursday 3:45 – 4:45**

**Intermediate Levels:**

**Gym Gems Sapphires and Gym Force Diamonds – Tuesday and Thursday 4:45 – 6:45**

**Advanced Levels:**

**Gym Gems Opals and Gym Force Netherite – Tuesday, and Thursday 4:45 – 7:45**

## Flips and Flyers

At Springloaded, we offer a Tumble program – Flips and a Trampoline program – Flyers.

The Flips program is perfect for those who love to learn to do tumble passes, gaining speed and feeling the air as you fly into a skill like a salto or back handsprings. We focus on power tumble techniques and progressively build the skills. Gymnasts perform salto's and twists on the vault/mini tramp, and high-impact tumble passes on the floor. If your child wants to progress beyond cartwheels and handsprings, this program is for them.

The Flyers program is perfect for those who want to experience what it feels like to play in the air, like a bird. We teach trampolining skills that will grow in height as you perfect your techniques in skills. Gymnasts perform routines on the tumble trampoline as well as individual and synchronized jumps on the trampolines.

Each level has a set of skills that need to be accomplished to move to the next level. With these 2 programs, the techniques required to build the skills must be learned correctly so you can build not only your confidence but on the skills.

Gymnasts can attend one or both classes per week, depending on how fast they want to learn and accomplish the skills

**Minimum age is 6yr**

**Beginner Flips and Flyers: Monday, Wednesday and Friday 4:45 – 5:45**

**Intermediate Flips and Flyers: Monday, Wednesday and Friday 4:45 – 6:45**

**Advance Flips and Flyers: Tuesday and Thursday 5:45 – 7:45**

## Dynamos / Parkour

Are you a high-energy, fast-thinking, creative person who likes to challenge their environment and add a bit of excitement and adventure to their life? Then this program was made just for you.

Our Dynamo's program is inspired by parkour, ninja, martial arts, tricking, and freestyle gymnastics. We do skills on anything and everything, with the limits being your imagination. We train floor obstacles, bar obstacles, time run, and air challenges.

This program requires lots of coordination, body awareness, balance, spatial awareness, strength, and agility. As well as a heavy dose of creativity, guts, and fun.

- You will master flips, vaults, and kicks while improving coordination and control.
- You will build confidence and discipline through focus and respect, while fostering bravery, creativity, and resilience. It's a perfect blend of fun and learning!!!
- You will build physical strength, improve flexibility, and develop quick reflexes—skills that help them both in sports and everyday life.
- You will get the opportunity to challenge and push yourself, doing perceived dangerous things in a safe environment, with the support and encouragement of your coach and teammates.

**Minimum age is 6yr**

**Beginner Dynamos: Monday, Wednesday and Friday 4:45 – 5:45**

**Intermediate Dynamos: Monday, Wednesday and Friday 4:45 – 6:45**

**Advance Parkour: Tuesday and Thursday 4:45 – 6:45**

## Poetry in Motion

Soar to New Heights with Our Aerial & Acrobatic Gymnastics and Cheerleading Program!

Are you ready for your child to experience the thrill of aerial gymnastics, acrobatic stunts, and high-energy cheerleading? Our program is designed to push boundaries, build strength, and ignite a passion for performance, our classes offer the perfect blend of skill, fun, and excitement.

In our program, children learn how to combine flexibility, strength, and coordination to master breathtaking aerial silks, alongside acrobatic tricks and cheerleading stunts. Our expert coaches create a supportive environment that encourages kids to push their limits while building confidence, teamwork, and a sense of accomplishment. Through dynamic routines and challenging exercises, your child will not only improve physically but also develop important life skills like discipline, resilience, and collaboration.

The program is more than just learning acrobatics and cheerleading—it's about creating a positive atmosphere where each child feels empowered to express themselves and achieve their personal best. From mastering high-flying aerial tricks to nailing perfectly synchronized cheerleading moves, your child will gain strength and grace that extend far beyond the gym.

Join us today and let your child discover the exhilarating world of aerial gymnastics and cheerleading, where they can develop their skills, make lasting friendships, and achieve their dreams in a safe, fun, and energetic environment.

**Minimum age is 6yr**

**Poetry in Motion: Tuesday and Thursday: 4:45 –6:45**

## Free In Motion

It's never too late to start moving! Our Senior Fitness Program is designed to help you stay active, healthy, and strong while having fun in a supportive environment. Whether you're looking to improve flexibility, build strength, or simply stay fit, our program is here to support you at every stage of life.

Our exercises are specifically designed to enhance mobility, balance, and strength, helping you feel more confident in everyday activities, in a fun and social environment, while you stay motivated and connected with like-minded people.

All fitness levels are welcome, whether you're new to exercise or an experienced mover; our program offers modifications to suit everyone.


At Springloaded, we will offer 3 different programs with different objectives.

**Balance and step:** Tuesday 9-10 focuses on balance and mobility, increasing strength and overall fitness, and using the gymnastics equipment and trampolines.

**Movement and Agility: Thursday, 9-10,** is for joint strength, core, pain management, and injury prevention.

**Brain and Body: Friday 9-10** focus on cognitive and physical connections. This is a chair-based fitness program that increases coordination, and cognitive and mental health.

These programs are for all adults. We are happy to discuss specific needs that you might have.

 Improve Your Quality of Life Feel stronger, more energized, and ready to take on each day with confidence. Our Senior Fitness Program is a wonderful way to invest in your health and well-being—no matter your age!

Join Us Today and Take the First Step to a Healthier Tomorrow

## Fun and Free Adults

Unlock Your Potential with Our Adult Gymnastics Program!

It's never too late to rediscover your strength, flexibility, and confidence. Our **Adult Gymnastics Program** is designed to help you reach new fitness goals, no matter your starting point. Whether you're a beginner or someone looking to refine your skills, our classes offer a fun, supportive, and challenging environment to help you move, stretch, and grow.

In our program, you'll experience a full-body workout that focuses on improving strength, balance, and flexibility, all while learning the foundational skills of gymnastics. From basic tumbling to more advanced movements, our experienced coaches tailor each class to meet your needs and help you progress at your own pace.

This program isn't just about fitness—it's about pushing your limits, challenging yourself, and gaining a sense of accomplishment. With a mix of dynamic exercises, floor routines, and bodyweight training, you'll see improvements in your overall fitness and coordination. Plus, you'll enjoy the mental clarity and confidence that come with mastering new skills.

Whether you're looking to improve your physical health, try something new, or simply add some fun into your routine, our Adult Gymnastics Program is the perfect place to start.

Step into the gym, challenge yourself, and rediscover the joy of movement. Sign up today and experience the benefits of gymnastics in a whole new way!

**Monday 6:30 – 8:00**

## Gym Champs

***This program is by invitation only.***

As a more competitive competition program, Australian Gymnastics Competition (AGC) offers a competitive platform intending to positively influence the gymnastics community and enrich the experience for all gymnasts.

The program offers five (5) League pathways from Development League to a paid Pro league. Development League relates basically to ALP Level 3+. The AGC competitions have a lively and fun environment and are inspired by the American College gymnastics. The gymnasts are allowed to compete in both the ALP pathway competitions and the AGC competitions simultaneously if they choose to.

The leagues are set up like with skill and composition requirements, with no set routines. Each gymnast or club can create their own routines and use their music on all events.

The GymChamps program will be for the more serious artistic gymnasts who would like to participate on a competitive level. This program will be on an invitation-only basis, and the prerequisite will be a skill level of at least ALP level 3. This program will follow a formal training schedule, and gymnasts will be required to attend all the class sessions. This program will follow the Australian Gymnastics Competition League requirements.

Gymnasts are required to attend all training sessions and will be required to attend competitions. It is advisable to attend at least 1 morning training session as well (Awakened Motion)

**Tuesday and Thursday 4:45 – 7:45**



## Class Fees

<b>Membership Fee:</b>	<p><b>\$30 paid per year on the day of registration.</b></p> <p>Fee includes: Free T-shirt</p> <p style="padding-left: 40px;">20% Discount on Birthday Bookings</p> <p style="padding-left: 40px;">Discount for you on Weekend casual play</p> <p style="padding-left: 40px;">VIP Enrollment and Event Discounts</p>																		
<b>Class Fees:</b>	<p><b>All class fees are charged per school term and payable by week 2 of each term</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">45 min</td> <td style="padding: 2px;">\$16 per class</td> </tr> <tr> <td style="padding: 2px;">1 Hour</td> <td style="padding: 2px;">\$20 per class</td> </tr> <tr> <td style="padding: 2px;">1½ hours</td> <td style="padding: 2px;">\$25 per class</td> </tr> <tr> <td style="padding: 2px;">2 hours</td> <td style="padding: 2px;">\$30 per week</td> </tr> <tr> <td style="padding: 2px;">3 hours</td> <td style="padding: 2px;">\$45 per week</td> </tr> <tr> <td style="padding: 2px;">4 hours</td> <td style="padding: 2px;">\$55 per week</td> </tr> <tr> <td style="padding: 2px;">6 hours</td> <td style="padding: 2px;">\$69 per week</td> </tr> <tr> <td style="padding: 2px;">8 hours</td> <td style="padding: 2px;">\$80 per week</td> </tr> <tr> <td style="padding: 2px;">9 hours</td> <td style="padding: 2px;">\$90 per week</td> </tr> </table>	45 min	\$16 per class	1 Hour	\$20 per class	1½ hours	\$25 per class	2 hours	\$30 per week	3 hours	\$45 per week	4 hours	\$55 per week	6 hours	\$69 per week	8 hours	\$80 per week	9 hours	\$90 per week
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<b>Registration and insurance fee:</b>	<p><b>Springloaded Coffs Coast is affiliated with Recreational Gymnastics Australia</b></p> <p>Registration and insurance fees can be paid per term or as a discounted yearly fee</p> <p><b>\$25 per term</b>, payable on the first class</p> <p><b>\$90 per year</b> payable on the first class and then charged yearly on the same date (unless if falls on a weekend, then the last business day before the date)</p>																		
<b>Active Kids Vouchers</b>	Accepted provider																		



Casual Play	Birthday Parties/Events	Private Parties / Events
<b>Casual Play</b> <b>Weekends and Public holidays</b> <b>10:00 – 17:00</b>	<b>All accompanying Adults who wants to play along need to pay the entry fee</b> Under 5 years      \$15 per hour Over 5 years        \$18 per hour Members             \$16 per hour	
<b>Birthday Parties / Events</b>	<b>Birthday Parties need to be booked on our booking system</b> <b>\$250 for you and 10 of your friends. Additional friends \$15 per person</b> Party Times: Saturday 10:30-12:30pm AND 1-3pm   Sunday 10-12pm AND 1-3pm <ul style="list-style-type: none"> <li>• 1.5 All-access play time</li> <li>• 1/2 hour for cake, food &amp; presents</li> <li>• Reserved table &amp; chairs for the duration of the party</li> <li>• BYO food and drinks</li> <li>• We will clean up for you!</li> </ul>	
<b>Private Venue Hire</b>	<b>For pricing and details, please get in touch with us via email or phone</b> <a href="mailto:springloadedcoffscoast@gmail.com">springloadedcoffscoast@gmail.com</a> Office: (02) 6658 7188 Private hire is available outside of normal business hours. After 5:30 BYO food and drinks	