



# BUNDOORA

CALISTHENIC CLUB



Skills Program



## ACF Skills Program

Each year, the Australian Calisthenics Federation (ACF), conducts formal Skills Examinations to pre-defined calisthenics syllabi across a range of ages and capabilities.

The ACF Skills program provides an opportunity for all pupils to develop and enhance their Calisthenics technical knowledge, capabilities and performance expertise through the formal examination process.

For many years, Bundoora's members have been participating and presenting their Skills knowledge and expertise with great results across all age groups.

This policy should be read in conjunction with Calisthenics Victoria Inc Child Safe Policy, 'Bundoora Calisthenic Club' is a registered Club with Calisthenics Victoria and therefore has an obligation to comply with their policies'.

## Bundoora Calisthenics Skills Program

Bundoora Calisthenic Club has built a Skills program to support all members to further their Cali experience and knowledge through the ACF Skills program.

- **Classes:** The Club offers both recreational and examination-based preparation classes in 4 x weekly 30-minute classes Mid-October to Mid-November in line with ACF's end of year skill exam schedule
- **Self Learning:** To ensure participant success, self-learning outside the scheduled Skills class is vital. Videos will be supplied for practical demonstrations in line with the exam syllabus. Class time is dedicated to demonstrating work, refining technique or addressing any questions.
- **Health and Safety:** For the health and safety of all members and coaching staff, please ensure Club medical records are up to date including treatment plans where relevant.



## CLASS & EXAMINATION FEES

Value	Exam Level	Description	Payment terms
\$60	Test 1 - Grade 2	Class Fees 4 x 30min classes	Must be paid in full prior to 1st class
\$120	Grade 3 - Medals	Class Fees 4 x 1 hour classes	Must be paid in full prior to 1st class
\$29	Test 1 - Test 2	Skills Examination Fee	Must be paid in full by April 25th
\$43	Test 3 - Grade 1	Skills Examination Fee	Must be paid in full by April 25th
\$51	Grade 2 - Grade 4	Skills Examination Fee	Must be paid in full by April 25th

## EXAMINATIONS MINIMUM AGE REQUIREMENT

Exam Level	Minimum Examination Age as at 31/12	Notes
Test 1	7 years	
Test 2	7 years	
Test 3	9 years	
Standard Grade 1	10 years	Simplified Grade 1 option
Grade 1	11 years	
Standard Grade 2	13 years	Simplified Grade 2 option
Grade 2	13 years	
Standard Grade 3	13 years	Simplified Grade 3 option
Grade 3	14 Years	
Standard Grade 4	15 years	Simplified Grade 4 option
Grade 4	15 years	
Bronze Medal	16 years	
Silver Medal	17 years	
Gold Medal	18 years	



### **Further Information**

- Principal Coach: [principalbundoora@gmail.com](mailto:principalbundoora@gmail.com)
- [ACF skills website](#)
- [Calisthenics Victoria Skills website](#)