

GENERAL GYMNASTICS CLASSES			COMPETITIVE GYMNASTICS CLASSES		
GYMFUN MINI	Duration	Days and Times	KICKSTART L1	Duration	Days and Times
Gymnastics for All (GfA) Recommended ages 4-6			Competitive Gym Recommended ages turning 6 in year of enrolment		
GymFun Mini A GymFun Mini B	45min 45min	Mon, Wed, Fri 3.45pm Fri 4.30pm	Kickstart WAG L1 – L2 4hrs / week	1.30hrs	Mon, Wed 3.45pm
GYMFUN	Duration	Days and Times	FOUNDATION WAG L3-4	Duration	Days and Times
Gymnastics for All (GfA) Recommended ages 6-8			Competitive Gym Recommended ages 6+		
GymFun A GymFun B	45min 45min	Mon, Wed, Fri 3.45pm Fri 4.30pm	Foundation WAG L3– 4 9hrs / week	3hrs	Tue, Thu, 4.30pm Fri 3.45pm
GYMSKILLS	Duration	Days and Times	FOUNDATION WAG L4-5	Duration	Days and Times
Gymnastics for All (GfA) Recommended ages 8-12			Competitive Gym Recommended ages 7+		
GymSkills	45min	Mon, Wed, Fri 3.45pm	Development WAG L4-5 9.0 - 12hrs / week	3hrs	Mon 3.45pm Tue, Thu, 4.30pm Saturday 8.00am
YOUNG ACHIEVER	Duration	Days and Times	DEVELOPMENT WAG L6-7	Duration	Days and Times
General Gym (L1-2), Recommended turning 6 or 8 in year of enrolment			Competitive Gym Recommended ages 9+		
Young Achiever 6+ Young Achiever 8+	1.30hrs 1.30hrs	Mon, Wed, 5.15pm Wed, Fri 5.15pm	Development WAG L6-7 12.45 - 17hrs / week	3hrs – 3.5hrs	Mon, Tue, Wed, Fri 3.45pm Sat 8.00am
JUNIOR ACHIEVER	Duration	Days and Times	DEVELOPMENT WAG L7+	Duration	Days and Times
General Gym (L3-4), Recommended age 8+			Competitive Gym Recommended ages 9+		
Junior Achiever 8+	2hrs	Thu 5.30pm	Development WAG L7+ 17hrs / week	3hrs – 3.5hrs	Mon, Tue, Wed, Fri 3.45pm Sat 8.00am
TRAMPOLINE	Duration	Days and Times	JUNIOR ACROBATICS	Duration	Days and Times
General Gym Recommended ages 6+			Competitive Acro STG1 (L1-2) Recommended ages turning 6 in year of enrolment		
Beginner Trampoline Beg /Intermediate Trampoline	45min 1.00hr	Mon, Fri 3.45pm Wed 4.30pm, 5.30pm, Thu 5.30pm, 6.30pm (competition by invitation)	Junior Acro L1 - 2hrs to 4hrs/week Junior Acro L2 – 4hrs/week	2hrs	Tue and/or Thu 4.00pm Tue, Thu 4 00pm
TUMBLING	Duration	Days and Times	INTERMEDIATE ACROBATICS	Duration	Days and Times
General Gym Recommended ages 6+			Competitive Acro L3, STG2 (L4-5) Recommended ages turning 8 in year of enrolment		
Beginner Tumbling	45min	Mon 4.30pm	Intermediate Acro L3 - STG2 (L4 – L5) - 6 – 9.5 hours / week L6/7 National Stream – 12 hours / week	3hrs – 3.5hrs	Tue, Thu 3.30pm (L4 – L5 only + Fri 3.30) Sat 9.00am National Stream – + 1 of Senior Monday
PRE – TEAM ACROBATICS	Duration	Days and Times	SENIOR ACROBATICS	Duration	Days and Times
Recommended ages 5+			Competitive Acro STG3 (L7+) & International		
Preparation class for our comp class	1.5hrs	Tue and/or Thu 4.00pm	Senior Acro (L7 +) - 12hrs International – 15hrs+	3 – 3.5hrs	Mon, Wed, Fri 4.30pm Sat 9.00am
FREEG	Duration	Days and Times	DANCE DEVELOPMENT PROGRAM	Duration	Days and Times
General Gym Recommended ages 6+					
Freestyle Gymnastics / Parkour/Ninja	45 min	Tue, Thu, 3.45pm	By Invitation only from Intermediate and Senior Acrobatics	1hr	Sat 9.00am