

RECREATIONAL GYMNASTICS CLASSES			COMPETITIVE GYMNASTICS CLASSES		
<b>KINDERGYM</b>	<b>Duration</b>	<b>Days and Times</b>	<b>KICKSTART LEVEL 1</b>	<b>Duration</b>	<b>Days and Times</b>
Recommended ages: 18 months – 4yrs	45min	Monday 3:45pm – 4:30pm Saturday 8:00am – 8:45am Saturday 9:00am – 9:45am	Recommended age: 6yrs + 2hrs / week	2hrs	Friday 4:00pm – 6:00pm
<b>GYMFUN MINI</b>	<b>Duration</b>	<b>Days and Times</b>	<b>KICKSTART LEVEL 2</b>	<b>Duration</b>	<b>Days and Times</b>
Recommended ages 4-6yrs	45min	Monday & Wednesday 3:45pm – 4:30pm Friday 4:30pm – 5:15pm Saturday 8:00am – 8:45am Saturday 9:00am – 9:45am	Recommended age: 6yrs + 4hrs / week	2hrs	Monday 4:00pm – 6:00pm Thursday 3:30pm – 5:30pm
<b>GYMFUN</b>	<b>Duration</b>	<b>Days and Times</b>	<b>FOUNDATION WAG LEVEL 3-4</b>	<b>Duration</b>	<b>Days and Times</b>
Recommended ages 6-8yrs	45min	Monday & Wednesday 3:45pm – 4:30pm Friday 4:30pm – 5:15pm Saturday 8:00am – 8:45am Saturday 9:00am – 9:45am	Recommended age: 6yrs + 9hrs / week	3hrs	Tuesday 4:00pm – 7:00pm Thursday 4:00pm – 7:00pm Friday 4:00pm – 7:00pm
<b>YOUNG ACHIEVER (BCGC Level 1-2)</b>	<b>Duration</b>	<b>Days and Times</b>	<b>DEVELOPMENT WAG LEVEL 5-7</b>	<b>Duration</b>	<b>Days and Times</b>
Recommended age: 6yrs + <i>Young Achiever</i>	1.5hrs	Monday 5:15pm – 6:45pm Wednesday 3:45pm – 5:15pm Wednesday 5:15pm – 6:45pm Saturday 9:00am – 10:30am	Recommended age: 9yrs + 12hrs / week	4hrs	Tuesday 4:00pm – 8:00pm Thursday 4:00pm – 8:00pm Friday 4:00pm – 8:00pm
Recommended age: 8yrs + <i>Young Achiever 8+</i>	1.5hrs	Wednesday 5:15pm – 6:45pm Saturday 9:00am – 10:30am			
<b>JUNIOR ACHIEVER (BCGC Level 3-4)</b>	<b>Duration</b>	<b>Days and Times</b>	<b>ACROBATICS LEVEL 1</b>	<b>Duration</b>	<b>Days and Times</b>
Recommended age: 8yrs +	2hrs	Thursday 5:30pm – 7:30pm	Recommended age: 6yrs + 4hrs / week	2hrs	Tuesday 4:00pm – 6:00pm Thursday 4:00pm – 6:00pm
<b>TRAMPOLINE</b>	<b>Duration</b>	<b>Days and Times</b>	<b>ACROBATICS LEVEL 2-3</b>	<b>Duration</b>	<b>Days and Times</b>
Recommended age: 6yrs +	45min 1hr	Monday 3:45pm – 4:30pm Wednesday 3:45pm – 4:45pm	Recommended age: 6yrs + Level 2-3 Level 3 (+ optional for level 2)	2hrs	Tuesday 4:00pm – 6:00pm Thursday 4:00pm – 6:00pm Friday 5:00pm – 7:00pm
<b>TUMBLING</b>	<b>Duration</b>	<b>Days and Times</b>	<b>ACROBATICS LEVEL 4-6</b>	<b>Duration</b>	<b>Days and Times</b>
Recommended age: 6yrs +	45min	Monday 4:30pm – 5:15pm	Recommended age: 8yrs + 9hrs / week	3hrs	Monday 4:30pm – 7:30pm Wednesday 3:30pm – 6:30pm Friday 3:30pm – 6:30pm
<b>PRE – TEAM ACROBATICS</b>	<b>Duration</b>	<b>Days and Times</b>	<b>ACROBATICS LEVEL 7 - INTERNATIONAL</b>	<b>Duration</b>	<b>Days and Times</b>
Recommended ages 5+ <i>Preparation class for our competition class</i>	1.5hrs	Tuesday 3:30pm – 5:00pm Thursday 3:30pm – 5:00pm	Recommended age: 8yrs + Level 7 + - 14.5hrs International – 16hrs+	3.5hrs – 4hrs	Monday 4:30pm – 8:30pm Tuesday 4:30pm – 8:00pm Wednesday 4:30pm – 8:30pm Friday 4:30pm – 8:30pm
<b>FREEG NINJA</b>	<b>Duration</b>	<b>Days and Times</b>			
Recommended age: 6yrs +	45 min	Thursday 3:45pm – 4:30pm			
<b>AERIAL ACROBATICS</b>	<b>Duration</b>	<b>Days and Times</b>			
Recommended age: 6yrs +	1.5hrs	Tuesday 6:00pm – 7:30pm			

***\*\*Note: Timetable subject to change if required***