

GENERAL GYMNASTICS CLASSES			COMPETITIVE GYMNASTICS CLASSES		
<b>GYMFUN MINI</b>	<b>Duration</b>	<b>Days and Times</b>	<b>KICKSTART L1</b>	<b>Duration</b>	<b>Days and Times</b>
<b>Gymnastics for All (GfA) Recommended ages 4-6</b>			<b>Competitive Gym Recommended ages turning 6 in year of enrolment</b>		
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
<b>GYMFUN</b>	<b>Duration</b>	<b>Days and Times</b>	<b>FOUNDATION WAG L3-4</b>	<b>Duration</b>	<b>Days and Times</b>
<b>Gymnastics for All (GfA) Recommended ages 6-8</b>			<b>Competitive Gym Recommended ages 6+</b>		
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
<b>GYMSKILLS</b>	<b>Duration</b>	<b>Days and Times</b>	<b>FOUNDATION WAG L4-5</b>	<b>Duration</b>	<b>Days and Times</b>
<b>Gymnastics for All (GfA) Recommended ages 8-12</b>			<b>Competitive Gym Recommended ages 7+</b>		
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
<b>YOUNG ACHIEVER</b>	<b>Duration</b>	<b>Days and Times</b>	<b>DEVELOPMENT WAG L6-7</b>	<b>Duration</b>	<b>Days and Times</b>
<b>General Gym (L1-2), Recommended turning 6 or 8 in year of enrolment</b>			<b>Competitive Gym Recommended ages 9+</b>		
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
<b>JUNIOR ACHIEVER</b>	<b>Duration</b>	<b>Days and Times</b>	<b>DEVELOPMENT WAG L7+</b>	<b>Duration</b>	<b>Days and Times</b>
<b>General Gym (L3-4), Recommended age 8+</b>			<b>Competitive Gym Recommended ages 9+</b>		
Junior Achiever 8+	2hrs	Thu 5.30pm	Development WAG L7+ 17hrs / week	3hrs – 3.5hrs	Mon, Tue, Wed, Fri 3.45pm Sat 8.00am
<b>TRAMPOLINE</b>	<b>Duration</b>	<b>Days and Times</b>	<b>JUNIOR ACROBATICS</b>	<b>Duration</b>	<b>Days and Times</b>
<b>General Gym Recommended ages 6+</b>			<b>Competitive Acro STG1 (L1-2) Recommended ages turning 6 in year of enrolment</b>		
Beginner Trampoline Beg /Intermediate Trampoline	45min 1.00hr	Mon, Fri 3.45pm Wed 4.30pm, 5.30pm, Thu 5.00pm, 6.00pm (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
<b>TUMBLING</b>	<b>Duration</b>	<b>Days and Times</b>	<b>INTERMEDIATE ACROBATICS</b>	<b>Duration</b>	<b>Days and Times</b>
<b>General Gym Recommended ages 6+</b>			<b>Competitive Acro L3, STG2 (L4-5) Recommended ages turning 8 in year of enrolment</b>		
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
<b>PRE – TEAM ACROBATICS</b>	<b>Duration</b>	<b>Days and Times</b>	<b>SENIOR ACROBATICS</b>	<b>Duration</b>	<b>Days and Times</b>
<b>Recommended ages 5+</b>			<b>Competitive Acro STG3 (L7+) &amp; International</b>		
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
<b>FREEG</b>	<b>Duration</b>	<b>Days and Times</b>	<b>DANCE DEVELOPMENT PROGRAM</b>	<b>Duration</b>	<b>Days and Times</b>
<b>General Gym Recommended ages 6+</b>					
Freestyle Gymnastics / Parkour/Ninja	45 min	Tue, Thu, 3.45pm	By Invitation only from Intermediate and Senior Acrobatics	1hr	Sat 9.00am

