



Springwood & District
CITIZENS BOYS & GIRLS CLUB

<u>CLASS TYPE</u> 2018	<u>AGES</u>	<u>DESCRIPTION</u>	<u>COMMENTS</u>	<u>TIMES AVAILABLE</u>
Kindergym 1-3years	Turning 6 mths to 3 years during 2018(not attending school)	Developing basic body awareness, coordination and skills on all apparatus.	50 minute programme for preschoolers incorporating structured group activities, basic skill technique coaching as well as guided activity time suited to the class age . A parent or guardian must be in attendance on the floor with their child(ren) at all times. The class is determined by the age of the older child. Younger siblings participate in the same class, however, if they are over 12 months they must be registered as class participants if they go on floor or equipment. Otherwise they must remain in a pram or in the viewing area on the other side of the fence.	<u>1-3 years -</u> Tuesday 9.30 - 10.20am Wednesday 9.30-10.20 Thursday 9.30-10.20 Friday 9.30-10.20
Kindergym 4-5 years	Turning 4 to 5 years during 2018(not attending school)	Developing basic body awareness, coordination and skills on all apparatus.	50 minute programme for preschoolers incorporating structured group activities, basic skill technique coaching as well as guided activity time suited to the class age . A parent or guardian must be in attendance on the floor with their child(ren) at all times. Younger siblings may participate in the same class. The class is determined by the age of the older child. Younger siblings over 12 months must be registered as class participants if they go on floor or equipment, otherwise they must remain in a pram or in the viewing area on the other side of the fence.	<u>4-5 years -</u> Tuesday 10.30-11.20am Wednesday 10.30-11.20 Thursday 10.30-11.20am Friday 10.30-11.20am
Saturday Kindies (mixed)	Turning 4 or 5 during 2018.Preference to children attending school in 2018	Mini GG style class without parent participation.	Introduction to Gymnastics for girls and boys. Children must be able to participate in structured activity without parent and follow instruction.	Saturday 9-10am only
Mini GG (mixed)	Turning either 5 or 6 during 2018	Developing basic body awareness, coordination and skills on all apparatus.	Introduction to Gymnastics for girls and boys. The participants work towards the achievement of Gymfun 1.	Monday 4-5pm Tuesday 12 - 1.00pm Tuesday 4-5pm Wednesday 4-5pm Thursday 12-1.00pm Thursday 4-5pm Friday 4-5pm

Junior Girls GG (circles)	Turning 6,7 or 8 during 2018	Learning and developing skills on all apparatus	Introduction for girls to Gymnastics skills on all apparatus	Monday 4-5pm Tuesday 4-5pm Wednesday 4-5pm Thursday 5-6pm Friday 4-5pm
Girls GG (stars)	Turning 6-13 during 2018	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Girls must have passed Gymfun 2.	Monday 4-5pm Tuesday 4-5pm Wednesday 4-5pm Thursday 5-6pm Friday 4-5pm
Senior Girls GG (circles)	Turning 9-13 during 2018	Learning and developing skills on all apparatus	Introduction for girls to Gymnastics skills on all apparatus	Tuesday 5-6pm Wednesday 5-6pm Thursday 4-5pm
Girls GG (Diamonds)	Turning 6-13 during 2018	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Girls must have passed Gymfun 4.	Monday 4-5.30pm Tuesday 4-5.30pm Wednesday 4-5.30pm Thursday 5-6.30pm Friday 4-5.30pm Saturday 9-10.30(mixed)
Boys GG (circles)	Turning 6 -12 during 2018	Learning and developing skills on all apparatus	Introduction for boys to Gymnastics skills on all apparatus	Thursday 4-5pm
Boys GG (stars)	Turning 6 -12 during 2018	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Boys must have passed Gymfun 2.	Thursday 4-5pm
Boys GG (circles and stars)	Turning 6 -12 during 2018	Learning and developing skills on all apparatus	Introduction and development of Gymnastics skills for boys on all apparatus	Monday 5-6pm
Boys Diamonds	Turning 6 -13 during 2018	Learning and developing skills on all apparatus	Developing boys skills on all apparatus. Boys must have passed Gymfun 4.	Monday 6-7.30pm Thursday 6-7.30pm

Mixed Hexagons	Turning 7-adult in 2018	Learning and developing skills on all apparatus	Non competitive class for those who have passed Gymfun 6 or higher.This class is for those who do not wish to compete but do wish to train seriously, developing skills on all apparatus including significant strength training, flexibility work and body preparation exercises.	Tuesday 6-8pm Thursday 6-8pm
Boys Trampoline circles	Turning 6 -12 during 2018	Learning and developing trampoline skills	Introduction to and focus on trampoline skills and body preparation. This includes flexibility, strength and body preparation work.	Thursday 5-6pm
Girls Trampoline circles	Turning 6 -12 during 2018	Learning and developing trampoline skills	Introduction to and focus on trampoline skills and body preparation. This includes flexibility, strength and body preparation work.	Thursday 4-5pm
Boys Trampoline stars	Turning 6 -15 during 2018	Learning and developing trampoline skills	Developing trampoline skills. Must have passed Trampfun 2. This includes Flexibility, strength and body preparation work.	Thursday 6-7pm
Girls Trampoline stars	Turning 6 -15 during 2018	Learning and developing trampoline skills	Developing trampoline skills. Must have passed Trampfun 2. This includes Flexibility, strength and body preparation work.	Thursday 7-8pm
Mixed Trampoline - circles, stars	Turning 7,8,9,10,11,12 during 2018	Learning and developing trampoline skills	Developing flexibility, strength and body control whilst learning skills on trampoline.	Friday 5-6pm Saturday 10-11am
Mixed Tumbling (Circles)	Turning 7 -15 during 2018	Learning and developing tumbling skills	Introducation to tumbling skills on floor. Includes strength, flexibility and body preparation work. Especially suited to those who dance or do cheerleading and wish to develop their floor skills with appropriate body preparation work.	Tuesday 5.30-6.30pm
Mixed Tumbling (Stars)	Turning 7 -15 during 2018	Learning and developing tumbling skills	Developing tumbling skills on floor. Must have passed Tumblefun 2. Includes strength, flexibility and body preparation work. Especially suited to those who dance or do cheerleading and wish to develop their floor skills with appropriate body preparation work.	Tuesday 6.30 - 7.30pm
Mixed GG (circles)	Boys and girls turning 6 - 13 during 2018	Learning and developing skills on all apparatus	Introduction to Gymnastics - combined Boys and Girls classes.	Saturday 9-10am

Mixed GG (stars)	Boys and girls turning 6 - 13 during 2018	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Must have passed Gymfun 2.	Saturday 10 - 11am
Mixed Diamonds (boys and girls)	Turning 6-13 during 2018	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Gymnasts must have passed Gymfun 1, 2, 3 and 4.	Saturday 9-10.30am
Home Schoolers - GG (circles)	Boys and girls turning 5-13 during 2018	Learning and developing skills on all apparatus	Introduction to Gymnastics - combined Boys and Girls classes. - for children who are Home Schooled	Friday 1.00-2.00pm
Home Schoolers - GG (stars)	Boys and girls turning 5-13 during 2018	Learning and developing skills on all apparatus	Developing Gymnastics skills - combined Boys and Girls classes. - for children who are Home Schooled and have passed Gymfun 2	Friday 2.00-3.00pm
Home Schoolers - GG (stars plus)	Boys and girls turning 5-13 during 2018	Learning and developing skills on all apparatus	Developing Gymnastics skills - combined Boys and Girls classes. - for children who are Home Schooled and have passed Gymfun 4	Friday 3.00 - 4.00pm
Mixed GG (circles and stars)	Boys and girls turning 7,8,9,10,11 or 13 during 2018	Learning and developing skills on all apparatus	Introduction to Gymnastics - combined Boys and Girls classes.	Tuesday 5-6pm Wednesday 5-6pm Friday 5-6pm
Mixed Gymskills Junior	Turning 9, 10, 11, 12 or 13 during 2018	Learning and developing skills on all apparatus	Suitable for those who have passed GF 4 and do not want to be serious and just want a fun, relaxed 1 hour class.	
Mixed Gymskills	Turning 12 or older during 2018	Developing skills on all apparatus in a fun way	Suitable for teenagers and young adults both new and experienced who would like a less serious class.	Tuesday 6-7pm Thursday 6.30 -7.30pm
WG 1	Turning 6-adult	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have passed Gymfun 5. Gymnasts must also meet certain strength and flexibility requirements. All gymnasts must participate in club and regional competitions. In order to progress to WG, gymnasts must have competed at at least one competition in the previous year.	Monday 5-7pm Tuesday 5-7pm Wednesday 5-7pm Friday 4-6pm

WG 2	Turning 6-adult	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have passed WG 1 at a competition. These levels are not assessed in class. Gymnasts must also meet certain strength and flexibility requirements. All gymnasts must participate in club and regional competitions. In order to continue in WG, gymnasts must have competed at at least one competition in the previous year.	Monday 5-7pm Tuesday 5-7pm Wednesday 5-7pm Friday 4-6pm
WG 3	Turning 6-adult	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have passed WG 2 at a competition. These levels are not assessed in class. Gymnasts must also meet certain strength and flexibility requirements. All gymnasts must participate in club and regional competitions. In order to continue in WG, gymnasts must have competed at at least one competition in the previous year.	Monday 5-8pm Wednesday 5-7pm Thursday 5-7pm Friday 4-6pm (strength and shaping focus)
WG 4-5	Turning 6-adult	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have passed WG 3 at a competition. These levels are not assessed in class. Gymnasts must also meet certain strength and flexibility requirements. All gymnasts must participate in club and regional competitions. In order to continue in WG, gymnasts must have competed at at least one competition in the previous year.	Monday 5-8pm Wednesday 5-7pm Thursday 5-7pm Friday 4-6pm (strength and shaping focus)
Adults	18 - 110 years inclusive	Learning and developing skills on all apparatus	Gymnastics class for adults, incorporating fitness, flexibility, strength and skill development.	Monday 7-8pm Wednesday 7-8pm