



<u>CLASS TYPE</u> 2019	<u>AGES</u>	<u>DESCRIPTION</u>	<u>COMMENTS</u>	<u>TIMES AVAILABLE</u>
Kindergym 1-3years	Turning 6 mths to 3 years during 2019 (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 2019 (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
Kindergym 1-5 years	Turning 1 to 5 years during 2019 (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.	1-5 years - ONLY Wednesday 11.30-12.30 if other classes are full.
Mini GG (mixed)	Turning either 5 or 6 during 2019	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 4-5pm Thursday 12-1.00pm Thursday 4-5pm Friday 4-5pm
Junior Girls GG (circles)	Turning 6,7 or 8 during 2019	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 2019	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 2019	Learning and developing skills on all apparatus	Introduction for girls to Gymnastics skills on all apparatus	Tuesday 5-6pm Thursday 4-5pm
Girls Diamonds	Turning 6-13 during 2018	Learning and developing skills on all apparatus	Participants must have passed Gymfun 4 to participate in this class. It is a serious class for those wanting to develop their skills further and are considering WG in the future. Gymnasts will work towards Gymfun 5 and 6 skills and WG 1 skills, developing gymnastics skills on all apparatus.	Monday 4-5.30pm Tuesday 5-6.30pm Wednesday 4-5.30pm Thursday 6-7.30pm
Boys GG (circles)	Turning 6 -12 during 2019	Learning and developing skills on all apparatus	Introduction for boys to Gymnastics skills on all apparatus	Monday 4-5pm Thursday 4-5pm
Boys GG (stars)	Turning 6 -12 during 2019	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Boys must have passed Gymfun 2.	Monday 5-6pm Thursday 4-5pm
Boys GG (circles and stars)	Turning 6 -12 during 2019	Learning and developing skills on all apparatus	Introduction and development of Gymnastics skills for boys on all apparatus	Tuesday 5-6pm
Boys Diamonds	Turning 6 -13 during 2019	Learning and developing skills on all apparatus	Participants must have passed Gymfun 4 to participate in this class. It is a serious class for those wanting to develop their skills further and would like to work toward MG skills. Gymnasts will work towards Gymfun 5 and 6 skills and MG skills, developing gymnastics skills on all apparatus in particular floor, high bar, rings, vault, parallel bars and pommel.	Monday 6-7.30pm Thursday 6-7.30pm
Mixed Pentagons	Turning 6-13 during 2019	Learning and developing skills on all apparatus	Participants must have passed Gymfun 4 to participate in this class. This is a more relaxed class focussed on developing skills on various apparatus including trampoline skills.	Monday 6-7pm Tuesday 6-7pm

Mixed Hexagons	Turning 10-adult in 2019	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.	Wednesday 6-8pm
Boys Trampoline circles	Turning 6 -12 during 2019	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 2019	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
Mixed Trampoline stars	Turning 6 -15 during 2019	Learning and developing trampoline skills	Developing trampoline skills. Must have passed Trampfun 2. This includes Flexibility, strength and body preparation work.	Thursday 6-7pm
Mixed Trampoline - circles, stars	Turning 6-18 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 2019	Learning and developing tumbling skills	Introduction 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 4-5pm
Mixed Tumbling (Stars)	Turning 7 -15 during 2019	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 2019	Learning and developing skills on all apparatus	Introduction to Gymnastics - combined Boys and Girls classes.	Monday 5-6pm Tuesday 6-7pm Friday 5-6pm Saturday 9-10am
Mixed GG (stars)	Boys and girls turning 6 - 13 during 2019	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Must have passed Gymfun 2.	Wednesday 5-6pm Saturday 9-10am
Mixed Diamonds (boys and girls)	Turning 6-13 during 2019.	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Gymnasts must have passed 4. This is a serious class for those wanting to really work hard on their skills and includes strength.	Saturday 9.30-11am
Home Schoolers - GG (circles)	Boys and girls turning 5-13 during 2019	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 2019	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 (Pentagons)	Boys and girls turning 5-13 during 2019	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 Gymskills	Turning 12 or older during 2019	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 7-8pm Thursday 7-8pm
WG 1	Turning 6-adult during 2019	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 in at least one competition in the previous year.	Monday 5-7pm Tuesday 5-7pm Wednesday 5-7pm Thursday 5-7pm Friday 4-6pm
WG 2	Turning 6-adult during 2019	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 Thursday 5-7pm Friday 4-6pm
WG 3	Turning 6-adult during 2019	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 5-8pm Thursday 5-8pm Friday 4-6pm
WG 4-5	Turning 6-adult during 2019	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 5-8pm Thursday 5-8pm Friday 4-6pm
Strength	all ages accepted	Developing strength and core stability	Class open to all ages. For those wanting to do extra strength work.	Tuesday 7-8pm Thursday 7-8pm Saturday 8-9am
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
Smooth Movers	18 - 110 years inclusive	Learning and developing skills on all apparatus	Gymnastics class for the more mature or adults who cannot participate in standard adults class, incorporating gentle fitness, flexibility, strength and skill development.	Friday 12-1pm