

<u>CLASS TYPE</u> <u>2020</u>	<u>AGES</u>	<u>DESCRIPTION</u>	<u>COMMENTS</u>	<u>TIMES AVAILABLE</u>
Kindergym 1-3years	Turning 6 mths to 3 years during 2020 (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.	1-3 years - 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 2020(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.	4-5 years- 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 2020 (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.	Class will only start when both Wednesday classes are full and there is a waitlist.
Mini GG (mixed)	Turning either 5 or 6 during 2020	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 Friday 4-5pm
Junior Girls GG (circles)	Turning 6,7 or 8 during 2020	Learning and developing skills on all apparatus	Introduction for girls to Gymnastics skills on all apparatus	Monday 4-5pm Tuesday 4.30-5.30pm Wednesday 4-5pm Thursday 5-6pm Friday 4-5pm
Girls GG(stars)	Turning 6-13 during 2020	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 and stars)	Turning 9-13 during 2020	Learning and developing skills on all apparatus	Introduction for girls to Gymnastics skills on all apparatus	Tuesday 5 - 6 pm Wednesday 5.30-6.30pm
Boys GG (circles and stars)	Turning 6 -12 during 2020	Learning and developing skills on all apparatus	Introduction and development of Gymnastics skills for boys on all apparatus	Monday 5-6pm ; Tuesday 5-6pm ; Thursday 4-5pm
Mixed GG (circles and stars)	Boys and girls turning 6 - 13 during 2020	Learning and developing skills on all apparatus	Introduction to Gymnastics - combined Boys and Girls classes.	Monday 6-7pm Tuesday 6-7pm Wednesday 5-6 pm Thursday 5.30-6.30pm Saturday 9-10am
Girls GG Diamonds	Turning 6-13 during 2020	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 5-6pm Wednesday 4-5 pm
Boys GG Diamonds	Turning 6-13 during 2020	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
Mixed GG Diamonds	Turning 6-13 during 2020	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.	Tuesday 4-5 pm ; Thursday 6-7pm ; Friday 5-6pm ; Saturday 10-11am
Mixed Hexagons	Turning 10-adult in 2020	Learning and developing skills on all apparatus	Non competitive class for those who have passed Gymfun 5 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 6.00-7.30pm
Mixed Gymskills	Turning 12 or older during 2020	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

Strength	all ages accepted	Developing strength and core stability	Class open to all ages. For those wanting to do extra strength work.	Saturday 8.30-9.30am
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.	Thursday 8.30-9.30am ; Friday 12-1pm
Intro Trampoline	Turning 6 -adult during 2020	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 ; Friday 5-6pm ; Saturday 10-11am
Trampoline Development	Turning 8 to adult during 2020	Learning and developing trampoline skills	Introduction to and focus on trampoline skills and body preparation. This includes flexibility, strength and body preparation work. Participants must have passed trampfun 2.	Thursday 6.30-7.30pm ; Saturday 10-11am
Intro Tumbling	Turning 7 adult during 2020	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 5.30-6.30pm
Tumbling Development	Turning 8 -adult during 2020	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 - 8 pm
Home Schoolers - GG (circles)	Boys and girls turning 5-13 during 2020	Learning and developing skills on all apparatus	Introduction to Gymnastics - combined Boys and Girls classes. - for children who are Home Schooled	Tuesday 3-4pm ; Friday 1.00-2.00pm
Home Schoolers - GG (stars)	Boys and girls turning 5-13 during 2020	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 (Diamonds)	Boys and girls turning 5-13 during 2020	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
Home Schoolers - GG (Hexagons)	Boys and girls turning 5-13 during 2020	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 5	Friday 3.00 - 4.30pm
Mixed Free G	Turning 8-12	Introduction to skills as taught in Free G programme	Fun class incorporating skills similar to Ninja, Parkour and Tricking	Friday 5-6pm
Boys Development	Turning 7-adult	Development of skills for boys wanting a more serious class.	A class for boys where skills are developed further than they would be in a GG class. This class includes flexibility and strength work. Boys must have passed Gymfun 4.	Monday 6.30-8pm ; Thursday 6 - 7.30pm
Intro WG	Turning 6-adult during 2020	Developing flexibility, strength and skills on floor, vault, bars and beam.	Competitive stream introduction for girls who have passed Gymfun 4. Gymnasts must also meet certain strength and flexibility requirements. All gymnasts must participate in club competitions.	Monday 5-6.30pm ; Wednesday 4-5.30pm ; Thursday 4 - 5.30pm
WG 1	Turning 6-adult during 2020	Developing skills on floor, vault, bars and beam for competition.	Gymnasts may progress to this class from either Intro WG or Diamonds. They must have passed Gymfun 5 and competed in the minimum of one competition in the past 12 months. All gymnasts in this class must participate in club competitions.	Monday 5-7pm Tuesday 5-7pm Wednesday 5-7pm Thursday 5-7pm Friday 4-6pm
WG 2	Turning 6-adult during 2020	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have achieved all WG 2 skills and passed overall 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.	Monday 5-7pm Tuesday 5-7pm Wednesday 5-7pm Thursday 5-7pm Friday 4-6pm
WG 3	Turning 6-adult during 2020	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have achieved all WG 3 skills and passed overall 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.	Monday 5-8pm Tuesday 5-8pm Wednesday 5-8pm Thursday 5-8pm Friday 4-6pm
WG 4	Turning 6-adult during 2020	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have achieved all WG 4 skills and passed overall 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.	Monday 5-8pm Wednesday 5-8pm Thursday 5-8pm Friday 4-6pm
WG 5	Turning 6-adult during 2020	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have achieved all WG 5 skills and passed overall 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.	Monday 5-8pm Wednesday 5-8pm Thursday 5-8pm Friday 4-6pm
WG 6	Turning 6-adult during 2020	Developing skills on floor, vault, bars and beam for competition.	Competitive stream for girls who have achieved all WG 6 skills and passed overall 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.	Monday 5-8pm Wednesday 5-8pm Thursday 5-8pm Friday 4-6pm