



Springwood & District
CITIZENS BOYS & GIRLS CLUB

| <u>CLASS TYPE</u> <u>2022</u> | <u>AGES</u> | <u>DESCRIPTION</u> | <u>COMMENTS</u> | <u>TIMES AVAILABLE</u> |
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| Kindergym 1-3 years | Turning 6 mths to 3 years during 2022(not attending school) | Developing basic body awareness, coordination and skills on all apparatus. | 50 minute programme for children aged 1-3 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. All infants must be registered as class participants if they go on the 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 2022(not attending school) | Developing basic body awareness, coordination and skills on all apparatus. | 50 minute programme for preschoolers turning 4 or 5 years 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. All infants must be registered as class participants if they go on the 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 |
| Circles - 5 year olds | Must be going to school in 2023 | Learning and developing skills on all apparatus | Introduction to Gymnastics for girls and boys. Participants progress from this class as they develop skills. | Friday 12noon to 1pm |
| Circles Gymnastics K to 2 | In Kindergarten, Year 1 or Year 2 at school | Learning and developing skills on all apparatus | Introduction to Gymnastics for girls and boys. Participants progress from this class as they develop skills. | Monday 4-5pm Tuesday 4-5pm Wednesday 4-5pm; 5-6pm Thursday 5-6pm Friday 4-5pm Saturday 9-10am |
| Circles Gymnastics - Year 3 to 6 | In Year 3, Year 4, Year 5 or Year 6 at school | Learning and developing skills on all apparatus | Introduction to Gymnastics for girls and boys. Participants progress from this class as they develop skills. | Monday 5-6pm Tuesday 4-5pm Friday 5-6pm Saturday 9-10pm |
| Circles Gymnastics - K to Year 6 | At school in years Kinder to Year 6 | Learning and developing skills on all apparatus | Introduction to Gymnastics for girls and boys. Participants progress from this class as they develop skills. | Friday 1.30 - 2.30pm |
| Boys Only Gymnastics | At school in years Kinder to Year 6 | Learning and developing skills on all apparatus | Introduction and development of gymnastics skills covering circles, stars and triangles levels. | Thursday 5-6pm |
| Boys Advanced Gymnastics | Ages 7 to adult in 2022 | Learning and developing MG skills on all apparatus. | Non competitive but serious class for boys who have achieved all triangle skills. Boys focus on advanced skill development and must be prepared to do necessary strength and flexibility work. | Thursday 5-6.30pm |
| Stars gymnastics | In Kindergarten to Year 6 at school | Learning and developing skills on all apparatus | Development of Gymnastics skills on all apparatus. All participants have achieved circles skills. | Monday 4-5pm Wednesday 4-5pm ; 5-6pm Thursday 4-5pm Friday 1.30 - 2.30pm Friday 4-5pm Saturday 10-11am |
| Triangles gymnastics | In Kindergarten to Year 6 at school | Learning and developing skills on all apparatus | Development of Gymnastics skills on all apparatus. All participants have achieved circles and stars skills. | Monday 4-5pm Wednesday 4-5pm Thursday 5-6pm Friday 2.30-3.30pm Friday 4-5pm Saturday 10-11am |
| Diamonds Gymnastics | In Kindergarten to Year 6 at school | Learning and developing skills on all apparatus | Development of Gymnastics skills on all apparatus. All participants have achieved circles, stars and diamonds skills. | Monday 6-7pm Thursday 4-5pm Friday 2.30 - 3.30pm |
| Hexagons Gymnastics | 10-adult in 2022 | Advanced development of skills on all apparatus | Non competitive class for those who have achieved all skills at circles, stars, triangles and diamonds levels. This class is designed for those who wish to train seriously but do not wish to compete. | Thursday 6-7.30pm Friday 2.30-4pm |
| Teen Gym | Turning 13 to 18 in 2022 | Teen class. Learning and developing skills on all apparatus. | Non competitive class for teens who would like to learn gymnastics skills on all apparatus. Class will depend on the goals of participants. | Tuesday 6-7pm |
| Adults Gymnastics | 18 -110 years inclusive in 2022 | Learning and developing skills on all apparatus | Gymnastics class especially for all adults - beginner to advanced. Incorporates fitness, flexibility, strength and skill development. No experience required. Beginners welcome. | Wednesday 6.30-8pm |
| Master Class Gymnastics | Teens and adults | Advanced skill development on all apparatus | Advanced class including significant stretching, strength work and body preparation as well as working on specific skill development. | Thursday 6-8pm |

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| Intro WG | Ages 6 to adult in 2022 | Developing skills on floor, vault, bars and beam for competition. | Competitive class for girls who have achieved Triangle skills. All gymnasts must participate in club competitions. In order to progress to WG 1, gymnasts must have competed in at least one competition in the previous year. | Wednesday 4-5.30pm |
| WG 1 - 2 | Ages 6 to adult in 2022 | Developing skills on floor, vault, bars and beam for competition. | Competitive stream for girls who have achieved Diamonds skills. 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. Gymnasts progress to WG 2 when they perform all skills at a club competition. | Monday 5-7pm Wednesday 5-7pm |
| WG 3-6 | Ages 6 to adult in 2022 | Developing skills on floor, vault, bars and beam for competition. | Competitive stream for girls who have demonstrated all WG 3 skills 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 |
| Smooth Movers | 18 - 110 years inclusive | Learning and developing skills on all apparatus | Gymnastics class for the more mature and adults who cannot participate in standard adults class, incorporating gentle fitness, flexibility, strength and skill development. This class is also suitable for rehabilitation purposes. A medical certificate may be requested. | Thursday 8.30-9.30am |
| Free G | Turning 7 or older in 2022 | Introduction and development of Free G skills | Fun class incorporating skills similar to Ninja, Parkour and Tricking. | Thursday 4-5pm Friday 5-6pm |
| Trampoline | Turning 7 or older in 2022 | Learning and developing trampoline skills | Introduction to and development of trampoline skills. This includes flexibility, strength and body preparation work. | Wednesday 6-7pm Thursday 6-7pm Friday 5-6pm Saturday 10-11am |
| Tumbling | Turning 7 or older in 2022 | Learning and developing tumbling skills | Developing 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. | Tuesday 5-6pm |