

<u>CLASS TYPE</u> <u>2021</u>	<u>AGES</u>	<u>DESCRIPTION</u>	<u>COMMENTS</u>	<u>TIMES AVAILABLE</u>
Kindergym 1-3years	Turning 6 mths to 3 years during 2021 (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 2021 (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
5-6 year old GG circles	Turning either 5 or 6 during 2021	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 4-5pm Friday 4-5pm Saturday 9-10am
7-8 year old GG circles	7 or 8 in 2021	Learning and developing skills on all apparatus	Introduction for girls and boys to Gymnastics skills on all apparatus. The participants are working towards the achievement of Gymfun 2.	Monday 4-5pm Tuesday 4-5pm Wednesday 5 - 6 pm Thursday 4-5pm & 5-6pm Friday 4-5pm Saturday 9-10pm
9-12 year old GG circles	9, 10, 11, 12 in 2021	Learning and developing skills on all apparatus	Introduction for girls and boys to Gymnastics skills on all apparatus. The participants are working towards the achievement of Gymfun 2.	Monday 5-6pm Tuesday 5-6pm
6-12 year old circles	6-12 in 2021	Learning and developing skills on all apparatus	Introduction for girls and boys to Gymnastics skills on all apparatus. The participants are working towards the achievement of Gymfun 2.	Friday 1.30 - 2.30pm
GG stars	6-13 in 2021	Learning and developing skills on all apparatus	Development of Gymnastics skills on all apparatus. Gymnasts must have passed Gymfun 2. Participants are working towards achievement of Gymfun 4 skills.	Monday 5-6pm Tuesday 4-5pm Wednesday 4-5pm Thursday 5-6pm Friday 1.30 - 2.30pm Friday 4-5pm Saturday 10-11am
GG Diamonds	6-13 in 2021	Learning and developing skills on all apparatus	Participants must have passed Gymfun 4 to participate in this class. Gymnasts will work towards Gymfun 5 and 6 skills.	Monday 6-7pm Tuesday 5-6pm Wednesday 4-5pm Thursday 6-7pm Friday 2.30 - 3.30pm Friday 5-6pm Saturday 10-11am
GG Hexagons	10-adult in 2021	Learning and developing skills on all apparatus	Non competitive class for those who have passed Gymfun 5 at minimum. 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 5-6.30pm Friday 2.30 - 4pm
GG Gymskills	Turning 13 to 18 in 2021	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 may be less serious depending on goals of participants.	Thursday 6.30 - 7.30pm
Adults GG	18 - 110 years inclusive in 2021	Learning and developing skills on all apparatus	Gymnastics class for adults, incorporating fitness, flexibility, strength and skill development.	Monday 7-8pm Wednesday 7-8pm
Boys Development	6-13 in 2021	Learning and developing skills on all apparatus. Class will have a MG apparatus focus.	Non competitive but serious class in which participants focus on MG apparatus skill development. This class is for boys who want to develop skills to a higher level and are prepared to do appropriate strength and flexibility work.	Thursday 5-6.30pm
Intro WG	6-adult in 2021	Developing skills on floor, vault, bars and beam for competition.	Competitive class for girls who have passed Gymfun 4. Gymnasts must also meet certain strength and flexibility requirements. 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.	Monday 4-5.30pm Wednesday 4-5.30pm

WG 1	6-adult in 2021	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 Wednesday 5-7pm Thursday 5-7pm
WG 2	6-adult in 2021	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 Wednesday 5-7pm Thursday 5-7pm
WG 3	6-adult in 2021	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
WG 4-6	6-adult in 2021	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
WG Plus	6-adult in 2021		Open to all club participants. An extra class for WG participants to help improve skills and strength.	Friday 4-6pm
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. This class is also suitable for rehabilitation purposes. A medical certificate may be requested.	Thursday 8.30-9.30am
Free G	8 -adult in 2021	Introduction and development of Free G skills	Fun class incorporating skills similar to Ninja, Parkour and Tricking.	Friday 5-6pm
Trampoline	6 -adult in 2021	Learning and developing trampoline skills	Introduction to and development of trampoline skills. This includes flexibility, strength and body preparation work.	Tuesday 5-6pm Thursday 6-7pm Friday 5-6pm
Intro Tumbling	7 -adult in 2021	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 5-6pm
Tumbling Development	7 -adult in 2021	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 6-7.30pm