

## Term Dates

**Term 1:** 10 weeks 7 February – 16 April

**Term 2:** 10 weeks 2 May – 19 July

**Term 3:** 10 weeks 25 July – 1 October

**Term 4:** 9 weeks 17 October-17 December

## Pricing

\$100 per term 45 min class

\$165 per term 1 hour class

\$240 per term 1.5 hour class

\$280 per term 2 hour class

\$380 per term 4 hours pw

\$480 per term 6 hours pw

***No refunds for missed classes or COVID closure. Cancellation notice must be given before week 3 to avoid full payment of term fee.***

## Club Level Programme Classes (CLP)

*Classes are run with a combined group of levels 1-3 & 4-5 to allow progression within the same class for consistency in training and a smooth skill advancement transition from each level.*

**Level 1,2 & 3:** *Beginner (1 hour per week) Duration guide is 1-2 terms per level for progression.*

**Level 4 & 5:** *Progression from beginner (1.5 hours per week) Duration guide is 1-4 terms per level.*

**Level 6+:** *Gymnasts progress to advanced skills and require additional training hours to do so safely. New to level 6, 2 hours per week minimum, progressing to 4 and 6 hours per week with advancement of skills and difficulty levels 7-10.*

## AcroGym/Tumbling

*Designed for those who wish to learn acrobatic skills and not participate in gymnastics apparatus such as balance beam, vault and bars.*

## Class Timetable

**Casual Open Gym** 1-5 years of age. \$8 per child pay on entry

**Thursdays 10am-12pm**

*For under school age children to participate with parent – not a structured class. \$8 per child pay on entry*

**Little Ninjas** age guide 1-3 years of age

*A specially programmed class for under 5's. Lessons provide brain function skills, cross patterning, muscle development, climbing skills landings and other important gross motor skills for pre-school development. Classes have an emphasis on jumping and landing patterns.*

**KinderGym** age guide 3-4 years of age

Sat 9.00-9.45

*A specially programmed class with exposure to a variety of gymnastics stations developing vision, landings and spring, balance, rotation, swing, manipulative play, special awareness and imaginative play.*

**Club Levels Programmes (CLP)**

*Our CLP classes incorporate gymnastics skills in a fun inclusive recreational environment. Classes provide many benefits including discipline, muscle development, confidence and fun. Fully programmed with skills including handstands, forward and backward rolls, cartwheels, balance beams, bars, vault trampoline skills and much more. Gymnasts progress level 1-10*

**CLP 1-3** age guide 4-7 years of age

**CLP 4-5** age guide 8-13 years of age

**CLP 6+** skill based entry

**AcroGym/Tumbling** age guide 6-12 years of age