| MARYBOROUGH<br>GYMSPORTS                                     | 2025 - Term 4  |                                |                           |                              | Updated 13 September        |                     |  |  |  |  |
|--|--|--------------------------------|---------------------------|------------------------------|-----------------------------|---------------------|--|--|--|--|
| GYMSPORTS  | MON  | TUES                           | WED                       | THURS                        | FRI                         | SAT                 |  |  |  |  |
| Beginner Programs  |  |                                |                           |                              |                             |                     |  |  |  |  |
| Building Blocks (2-5 y/o)                                    |  |                                |                           |                              | 9.30-10.30am<br>3.30-4.30pm |                     |  |  |  |  |
| Bridgin' Buddies (4.5-6 y/o)                                 |  | 3.30 - 4.30pm                  |                           |                              |                             |                     |  |  |  |  |
| Katapult (Must be in Prep ages 5 - 6)                        |  | 4.30 - 5.30pm                  |                           |                              |                             |                     |  |  |  |  |
| <b>Gym Mix</b> (Grade 1 - 6, ages 6 - 11)                    | Bronze 3.30 - 4.30pm   |                                |                           |                              |                             | Bronze - 9am - 10am |  |  |  |  |
|  | Silver 5 - 6 pm  | Silver 5.30 - 6.30pm           |                           | Silver 5.30 - 6.30 pm        |                             |                     |  |  |  |  |
|  | Gold / Platinum 3.30 - 5pm   | Gold 5 - 6.30pm                |                           | Gold 4.30 - 6pm              |                             |                     |  |  |  |  |
|  | Found  | ational Gym Sp                 | <mark>ort Programs</mark> | }                            |                             |                     |  |  |  |  |
| Beginner Acrobatic Gymnastics                                |  |                                | 3.30 - 5pm                |                              |                             |                     |  |  |  |  |
| <b>Development Acrobatics (Pre - Competitive)</b>            |  |                                |                           |                              | 3.45 - 5.45pm               |                     |  |  |  |  |
| Development Rhythmic   |  |                                |                           |                              | 3.45 - 5.45pm               |                     |  |  |  |  |
| Men's Artistic Gymnastics Beginner                           | 4.30 - 6pm   |                                |                           | 3.30 - 5.30pm                |                             |                     |  |  |  |  |
| Men's Artistic Gymnastics Intermediate (2 - 4hrs)            |  | 5.30 - 7.30pm                  |                           | 3.30 - 5.30pm                |                             |                     |  |  |  |  |
| MAG Excel  |  | 5.30 <b>-</b> 7.30pm           |                           |                              |                             |                     |  |  |  |  |
| Trampoline Sports Beginner                                   |  |                                | 3.30 - 5pm                |                              |                             |                     |  |  |  |  |
| Trampoline Sports Intermediate (2 - 4 hrs)                   |  |                                |                           |                              |                             |                     |  |  |  |  |
| Trampoline Sports Advanced                                   |  |                                |                           |                              |                             |                     |  |  |  |  |
| Women's Artistic Gymnastics Beginner (2hrs)                  |  | 3.30 - 5.30pm                  |                           |                              |                             |                     |  |  |  |  |
| Women's Artistic Gymnastics Intermediate* (4hrs)             |  | 3.30 - 5.30pm                  |                           | 3.30 - 5.30pm                |                             |                     |  |  |  |  |
| WAG Advanced Foundation* (5hrs)                              | 4.30 - 7pm   |                                | 4.30 <b>- 7</b> pm        |                              |                             |                     |  |  |  |  |
| WAG Excel* (5 - 6 hrs)                                       | 4.30 - 7pm   |                                | 4.30 - 7pm                | Recommended                  |                             |                     |  |  |  |  |
|  | Gyı  | mnastics for All               | Programs                  |                              |                             |                     |  |  |  |  |
| Special Needs - Kids 6 - 9                                   | _  |                                |                           |                              |                             | 8.30 - 9.15αm       |  |  |  |  |
| Beginner Teens (ages 16+) + Adults (18 & beyond)             | 6 <b>-</b> 8pm   |                                |                           |                              |                             |                     |  |  |  |  |
| Strength & Conditioning                                      |  |                                |                           | 5.30 - 6.30pm (ages 11 - 25) |                             |                     |  |  |  |  |
| First in, first served. Waiting lists may apply for classes. | Classes marked with a * need to meet a minimum amount of set hours each week for safety and progression. |                                |                           |                              |                             |                     |  |  |  |  |
|  | Term 4 - Tues  | <mark>day October 4 - S</mark> | at 13 Decembe             | r 2025                       |                             |                     |  |  |  |  |

| MARYBOROUGH   | Comp    | petitive Programs                          |            | As of September 1       |               |                               |  |  |  |
|---|---------|--|------------|-------------------------|---------------|-------------------------------|--|--|--|
| GYMSPORTS   | MON     | TUES                                       | WED        | THURS                   | FRI           | SAT                           |  |  |  |
| 2025 Acrobatics Stage 1 (Level 1 - 3s)                                  |         | Tops 3.30 - 5.30pm                         |            |                         | 3.45 - 6.15pm |                               |  |  |  |
| Acrobatics Stage 2 (Level 4)  |         | Tops 3.30 - 5.30pm                         |            | 3.30 - 6.30pm (Eugenia) | 3.45 - 6.15pm | 10am - 12pm (week 1 - 7 only) |  |  |  |
| Rhythmic  | 6 - 8pm | 3.30 - 5.30pm (odd) & 5.30 - 7.30pm (even) | 4.30 - 7pm | 4.30 - 6.30pm           | 5.30 - 6.15pm |                               |  |  |  |
| Level 3 Women's Artistic Gymnastics (8.5hrs)                            |         | 4.30 - 7.30pm                              | 4.30 - 7pm | 3.30 - 6.30pm           |               |                               |  |  |  |
| Level 4 Women's Artistic Gymnastics * (11.5hrs)                         |         | 4.30 - 7.30pm                              | 4.30 - 7pm | 3.30 - 6.30pm           |               | 10am - 12pm (week 1 - 7 only) |  |  |  |
| Level 5 Women's Artistic Gymnastics * (11.5hrs)                         | 6 - 8pm | 4.30 - 7.30pm                              | 4.30 - 7pm | 3.30 - 6.30pm           |               |                               |  |  |  |
| Competitive Skills Int / Adv Trampoline + Tumbling                      |         |  |            | 3.30 - 5.30pm           |               |                               |  |  |  |
| Strength & Conditioning - Compulsory for all comp members ages 8+       |         |  |            | 5.30 - 6.30pm           |               |                               |  |  |  |
| Competitive gymnasts -Term 4 - Tuesday October 4 - Fri 12 December 2025 |         |  |            |                         |               |                               |  |  |  |