GYMSPORTS	2025 - Term 3				Updated 11 July				
GYMSPORTS	MON	TUES	WED	THURS	FRI	SAT			
		Beginner Prog	rams						
Building Blocks (2-5 y/o)					9.30-10.30am 3.30-4.30pm				
Bridgin' Buddies (4.5-6 y/o)		3.30 - 4.30pm		1	•				
Katapult (Must be in Prep ages 5 - 6)		4.30 - 5.30pm							
Gym Mix (Grade 1 - 6, ages 6 - 11)	Gold / Platnium 3.30 - 5pm			Bronze 4.30 - 5.30pm		Silver 10 - 11am			
	Bronze 5 - 6 pm	Bronze 5.30 - 6.30pm		Bronze 5.30 - 6.30pm		Gold / Platnium 8.30 - 10am			
		Silver 5.30 - 6.30pm		Silver 5.30 - 6.30pm					
	Founde	ational Gym Spo	ort Programs	;					
Non - Competitive Acrobatic Gymnastics			3.30 - 5pm						
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 - 7.30pm							
Trampoline Sports Beginner		4.45 - 6.15pm	3.30 - 5pm						
Trampoline Sports Intermediate (2 - 4 hrs)	4.45 - 6.45pm								
Trampoline Sports Advanced	4.45 - 6.45pm								
Beginner Tumbling - Expression of interest open			5.30 - 6.30pm						
Women's Artistic Gymnastics Intermediate* (4hrs)		3.30 - 5.30pm		3.30 - 5.30pm					
WAG Advanced Foundation* (5hrs)	4.30 - 7pm		4.30 - 7pm						
WAG Excel* (5 - 6 hrs)	4.30 - 7pm		4.30 - 7pm	5.30 - 6.30pm recommended					
	Gyr	nnastics for All I	Programs						
Special Needs - Kids 6 - 12									
Special Needs - Ages 18+		Expression of interest open now!							
Beginner Teens (ages 16+) + Adults (18 & beyond)	6 - 8pm	-				T			
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 am	hount of set hours each week	for safety and progra	ession.			
	Term 3 - Mo	nday July 14 - Sat	20 September	2025					

MARYBOROUGH	Competitive Programs			Updated June 23					
GYMSPORTS	MON	TUES	WED	THURS	FRI	SAT			
Level 2 Acrobatics Team (4 - 6 hrs)	Optional - 4.30 - 6.30pm			3.30 - 6pm	3.45 - 6.15pm				
Level 3 Acrobatics Team (6 - 7 hrs)	Recommended - 4.30 - 6.30pm (Tops)	3.30 - 5.30pm		3.30 - 6pm	3.45 - 6.15pm				
Acrobatics Makeups	by invite 3.30 - 6pm (week 1 - 5 only)								
Rhythmic Multiples (6 hrs)	6 - 8pm (week 1 - 4)	4.30 - 7.30pm			3.45 - 7.15pm				
Level 6 Rhythmic (9 - 12hrs)	6 - 8pm (week 5 - 10)	4.30 - 7.30pm	4.30 - 7pm	5.30 - 6.30pm S+C	3.45 - 7.15pm	TBC for make ups week 6 - 9			
Level 3 Women's Artistic Gymnastics (8.5hrs)		4.30 - 7.30pm	4.30 - 7pm	3.30 - 6.30pm		TBC for make ups week 6 - 9			
Level 4 Women's Artistic Gymnastics * (8.5 - 12hrs)	4.30 - 7pm	4.30 - 7.30pm	4.30 - 7pm	3.30 - 6.30pm		TBC for make ups week 6 - 9			
Level 5 Women's Artistic Gymnastics * (12hrs)	4.30 - 6.30pm	4.30 - 7.30pm	4.30 - 7pm	3.30 - 6.30pm		TBC for make ups week 6 - 9			
Term 3 2025 for competitive gymnasts - Term 3 - Monday July 14 - Sat 20 September 2025 + Spring Holiday Training (for National Clubs Entrants)									