

Term 1 Commences Mon Feb 2 - Thurs 2 April

Waiting lists may apply for beginner classes

Ideally dancers take both classes back to back to get the most out of this program.



Competitive Programs - Times Provisional of Sign Ons

	MON	TUES	WED	THURS	FRI	SAT
Acrobatics Stage 1 (Level 1 - 2's)		4.30 - 6.30pm			3.45 - 6.15pm	TBC
Acrobatics Stage 1 (Level 3's)		4.30 - 6.30 / 7.30pm		Optional S+C	3.45 - 6.15pm	TBC
Acrobatics Stage 2 (Level 4)		4.30 - 6.30pm / 7.30pm		Optional S+C	3.45 - 6.45pm	10am - 1pm
Acrobatic Tops	3.45 - 5.45pm					
Rhythmic (Level 6)	5.15 - 7.15pm		4.45 - 7.15pm			
Level 3 Women's Artistic Gymnastics	4.45 - 7.15pm			3.45 - 6.45pm		
Level 4 Women's Artistic Gymnastics *	4.45 - 7.15pm	4.30 - 7.30pm		3.45 - 6.45pm		10am - 1pm
Level 5 Women's Artistic Gymnastics *	4.45 - 7.15pm	4.30 - 7.30pm		3.45 - 6.45pm		10am - 1pm
Competitive Skills Int / Adv Trampoline + Tumbling		4.30 - 6.30pm				
Strength & Conditioning - Compulsory for all comp members ages 8+		6.30 - 7.30pm		5.45 - 6.45pm		

Competitive gymnasts - Term 1 - Tuesday Jan 27 - Thurs 2 April 2025

Easter Holiday Training 13 - 17 March

Limited hours week 1 - 3