

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**SAT**

**Beginner Programs**

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 *			
Katapult (Must be in Prep ages 5 - 6)			4.30 - 5.30pm			
Gym Mix (Grade 1 - 6, ages 6 - 11)		Bronze 3.30 - 4.30pm	Bronze 5 - 6 pm	Bronze 4 - 5 pm		Bronze 9 - 10am
		Silver 3.45 - 4.45pm		Silver 3.30 - 4.30pm		
	Gold 3.45 - 5.15pm	Bronze 4.45 - 5.45pm		Gold 5 - 6.30pm		
				Platinum 4.30 - 6pm		

**Gym Sport Programs**

Acrobatic Gymnastics Tops Program	3.45 - 5.45pm					
Beginner Acrobatic Gymnastics			3.30 - 5pm *			
Development Rhythmic					3.45 - 5.45pm	
Men's Artistic Gymnastics Beginner		3.30 - 5.30pm		Makeups		
Men's Artistic Gymnastics Intermediate (2 - 4hrs)		3.30 - 5.30pm		3.45 - 5.45pm		
Trampoline Sports Beginner		4.30 - 6.30 pm				
Trampoline Sports Intermediate		4.30 - 6.30pm				
Tumbling Intermediate & Advanced		4.30 - 6.30pm				
Women's Artistic Gymnastics Beginner (2hrs)	3.45 - 5.45pm			Makeups		
Women's Artistic Gymnastics Intermediate* (2 - 4hrs)	3.45 - 5.45pm			3.45 - 5.45pm		
WAG Advanced Foundation* (4hrs)	4.45 - 6.45pm		4.45 - 6.45pm			
WAG Excel (5 - 7hrs)	4.45 - 7.15pm	Recommended S + C	4.45 - 7.15pm	Recommended S + C		

**Movement Programs**

Gym Ability Kids (Special Needs)		Teens 12 - 17 4.45 - 5.45pm*	Prep - 8 y/o 3.45 - 4.30pm *			8.45 - 9.30am Ages 8 - 17
Adults (Ages 18 & beyond)	Dance - TBC	Gymsports 6 - 7.30pm				
Youth Strength & Conditioning (Ages 10 - 17) **		6.30 - 7.30pm		5.45 - 6.45pm		
Dance					Ages 6 - 11 3.45 - 4.30pm	Ages 12+ 10 - 10.45am
Acrobatic Dance					Ages 6 - 11 4.30 - 5.15pm	Ages 12+ 10.45 - 11.30am

**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

\* Please contact us regarding this program. Needs enrolments to open this program

\*\* Open to all sports players and teams

**Competitive Programs**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
<b>Acrobatics Stage 1 (Level 1 - 2's)</b>		T&T session ages 10+ 4.30 - 6.30pm			3.45 - 6.15pm	10.30am - 1pm
<b>Acrobatics Stage 1 (Level 3's)</b>		T&T + S&C 4.30 - 6.30 / 7.30pm		Optional S+C 5.45 - 6.45pm	3.45 - 6.15pm	10.30am - 1pm
<b>Acrobatics Stage 2 (Level 4)</b>		T&T + S&C 4.30 - 6.30pm / 7.30pm		Optional S+C 5.45 - 6.45pm	3.45 - 6.45pm	10am - 1pm
<b>Acrobatic Tops</b>	3.45 - 5.45pm					
<b>Rhythmic (Level 6)</b>	5.15 - 7.15pm		4.45 - 7.15pm			
<b>Level 3 Women's Artistic Gymnastics</b>	4.45 - 7.15pm			3.45 - 6.45pm		
<b>Level 4 Women's Artistic Gymnastics *</b>	4.45 - 7.15pm	4.30 - 7.30pm		3.45 - 6.45pm		10am - 1pm
<b>Level 5 Women's Artistic Gymnastics *</b>	4.45 - 7.15pm	4.30 - 7.30pm		3.45 - 6.45pm		10am - 1pm
<b>Competitive Skills Int / Adv Trampoline + Tumbling</b>		4.30 - 6.30pm				
<b>Strength &amp; Conditioning</b> - Compulsory for all comp members ages 10+ or L4+		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

Reduced hours week 1 - 3