

Timetable Summary Term 3 2022

Foundation Gymnastics		
For boys and girls across all age ranges - learn and develop foundation skills and movements needed for all sports, including gymnastics and a variety of other gymsports (see below).		
Session Name		Fees (Incl. GST)
<p>Jellyfish Club</p> <p>Age Guide - Pre-school Boys and Girls</p>	Jellyfish (Toddler to 5 yrs) (we do have some flexibility with age ranges to suit families). Pre-schoolers attend with parents, learning the basic foundation movement skills. Fun focused activities and challenges - rolling, jumping, climbing and balancing.	\$ 80.00
<p>Kiwis</p> <p>Age Guide 5-8 years Boys and Girls</p>	Introducing and developing foundation movement skills. Suitable for beginners and those young gymnasts that are a bit more advanced. Grouped within the class by skill level, working towards GymFun awards 1 to 4.	*\$ 105.00
<p>Fantails</p> <p>Age Guide 8 years + Boys and Girls</p>	Building on foundation movement skills. Suitable for beginners and those more advanced. Grouped within the class by skill level, working towards Incentive Awards 1 to 7 along with tasters of tumbling and team displays.	*\$ 155.00
<p>Tuis (Rec Comp)</p>	Invitation only - in conjunction with a foundation session. Try outs weeks 1-4 of Term 1. Additional apparatus time to learn advanced skills and techniques with specialist coach. Strength, fitness & flexibility training. Option in both classes to compete and be involved in display and promotion of the club. Gymnasts will need to be prepared to be challenged.	\$ 170.00 <small>Note - this is additional to Kiwi's or Fantails Fee</small>
<p>Boys</p> <p>Age Guide 5-12 years Boys only</p>	Building on foundation movement skills. Suitable for beginners and those more advanced. Grouped within the class by skill level, working towards Gymfun 1 to 4 or Incentive Awards 1 to 7 along with tasters of tumbling and Free G.	\$ 105.00
<p>High School</p> <p>Age Guide 12+ years Boys and Girls</p>	Building on foundation movement skills. Suitable for beginners and those more advanced. Grouped within the class by skill level, working towards Incentive Awards 1 to 7.	*\$ 155.00
Gymsports		
Open to all age ranges, boys and girls, additional classes (other than Tui's) can be taken on their own (full term fee), or additional to a foundation class (reduced fee).		
Session Name		*\$30 discount if a 2nd or subsequent class for the same child
<p>Free G</p> <p>See promo video</p>	Travelling through spaces in interesting ways. Suitable for kids who want to jump, swing, flip or climb their way around our gym. Suitable for Boys and Girls.	\$ 105.00
<p>Tumbling</p> <p>See promo video</p>	Junior and Senior/Advanced - If you can ½ handstand, you can tumble with our airtrack, sprung floor and double mini-tramp. Create tumbling routines and be part of displays or competitions. Flip Out! Not available in Term 3, please email if interested.	\$ 100.00 *\$ 70.00
<p>Team Gym</p> <p>See promo video</p>	Group performance. Be part of a team who train and compete together at regional competitions. Performing synchronised moves to music using the disciplines of floor, mini-tramp and tumbling. Additional leotard and choreography fee may apply. There is an expectation for a full year commitment	\$ 150.00 *\$ 120.00

Day	Time	Duration	Session Name
Mon	3.45-4.45pm	1 hour	◆ Kiwis (M1)
	5.00-6.30pm	1½ hours	◆ Fantails (M1)
Tue	3.45-5.15pm	1½ hours	◆ Tui's Development
	5.00-7.00pm	2 hours	◆ Tuis (Rec Comp)
Wed	3.45-4.45pm	1 hour	◆ Kiwis (W1)
	5.00-6.30pm	1½ hours	◆ Team Gym Junior/Senior
Thu	11.00-11.45am	¾ hour	◆ Wigglets
	4.00-5.30pm	1½ hours	◆ Fantails (Th1)
	5.30-7.00pm	1½ hours	◆ High School
Fri	4.00-5.00pm	1 hour	◆ Boys
	5.00-6.00pm	1 hour	◆ Free G

Key Information

Visit us at www.thamesgymsports.co.nz

For enquiries email us at thamesgymsports@gmail.com

Keep up to date with us on Facebook <https://www.facebook.com/groups/ThamesGymnastics/>

Casual and taster sessions can be arranged - email us to discuss options

Club training leotards are available, but are optional.

