

Weekly Session Options - Term 2 2024

All classes are open to boys and girls

Age	Description		Day- Start Time	Duration	T1 Fee	T2-4 Fee
2-4	Tiny Gymnasts - Pre-schoolers attend with parents, learning the basic foundation movement skills. Fun focused activities and challenges - rolling, jumping, climbing and balancing.		Thur - 11am	45 Min	TBC	TBC
5-7	Gymfun - 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.		Mon - 4pm	1 Hr	TBC	TBC
			Thu - 4pm	1 Hr	TBC	TBC
8-12	GFA Recreational - 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. Monday or Thursday options available. For those wanting more time in the gym - enroll in both, or take extension options available on Tuesdays		Mon - 5pm	1 ½ Hrs	TBC	TBC
			Thu - 5pm	1 Hr	TBC	TBC
		Ext L1-3	Tue - 4pm	1 ½ Hrs	TBC	TBC
		Ext L4+	Tue - 5.30	2 Hrs	TBC	TBC
13-18	GFA - Teen - 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. Extension options also available Tuesday		Thu - 6pm	1 ½ Hrs	TBC	TBC
		Ext L1-3	Tue - 4pm	1 ½ Hrs	TBC	TBC
		Ext L4+	Tue - 5.30pm	2 Hrs	TBC	TBC
18+	Adult - An inclusive and adaptable class where participants set their own goals and are supported to achieve them.		TBC	1 Hr	TBC	TBC
All	NRG - Energy! Participant and parent led - activities can include parkour, 'Ninja Warrior' style circuits and courses, and circus activities - but anything (safe) goes		TBC	1 ½ Hrs	TBC	TBC