

Programme and Timetable

Thames Gymsports aims to provide an enjoyable and challenging programme of recreational gym sports activities in an open and welcoming environment.

Our main objective is to run sessions those involved enjoy, and have designed a programme aligned to these three core values:

- Give it a go
- Be a good sport
- Challenge yourself

Term Dates

Term 1	12.02.2024	-	12.04.2024	Term 3	22.07.2024	-	27.09.2024
Term 2	29.04.2024	-	05.07.2024	Term 4	14.10.2024	-	13.12.2024

Classes will not run on the following public holidays:

1 April Easter Monday
3 June Kings Birthday

25 April ANZAC Day
28 October Labour Day

Weekly Sessions

Gymnastics

Our gymnastics sessions are aligned to [NZ Gymnastics Gym For All \(GFA\)](#) programmes with activities that introduce and develop gymnastics skills. We offer a range of session times, grouped by age.

Extension - for those looking to develop advanced skills & compete - gymnasts need to work on building and maintaining strength and flexibility more than once a week. Extension sessions are available as additional weekly sessions, for gymnasts who want to focus on developing their skills, please enquire with us for further information.

Pop-Up Sessions, NRG and Workshops

- School Holiday Programme
- Gymfun / Incentive Awards Testing
- Competition Preparation (e.g. Team gym, Recreational WAG/MAG, Tumbling)
- Visiting coaches / displays

NRG - *Not currently available*

Led by our hometown legend - Trif Sitnikof, these sessions are primarily aimed at keeping kids active and having fun. Trif uses his extensive experience in outdoor education to the max. Each week he adjusts and adapts sessions to the interests of the participants. This can include parkour and related activities such as 'Ninja Warrior' style circuits and courses, and circus activities - but anything (safe) goes