Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11 - 11:45am			Tiny Gymnasts Pre-school Subject to enrollments	Tiny Gymnasts Pre-school Subject to enrollments	
2 - 2:45pm			Tiny Gymnasts Pre-school Subject to enrollments		
4 - 5 pm	Kiwis 5 - 8yrs	EXCEL 1 - 2 Invitation only 4 - 5 pm		Kiwis 5 - 8yrs	
		EXCEL 1 - 2 Invitation only 5 - 6 pm			
5 - 6:30pm	Fantails 9 - 12yrs	EXCEL 4+ Invitation only 6 - 8 pm		Fantails 9 - 12yrs	
6:30 - 7:30pm				Teens 13+	

Weekly Session Options

Age	Description	Day Start Time	Duration	Term Fee
1 - 4	**Tiny Gymnasts** - Pre-schoolers attend with parents being immersed in the fun, learning the basic foundation movement skills. Fun focused activities and challenges - rolling, jumping, climbing and balancing. Ratio = 1:1 (parent: child) ***** Class availability subject to registration numbers*****	Wed - 11am Wed - 2pm Thur - 11am	45 mins	$100
5 - 8	**Kiwis** - 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 Springboard level achievements.	Mon - 4pm Thu - 4pm	60 mins	$130
9 - 12	**Fantails** - 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. *NB Incentive testing is done in term 3;*	Mon - 5pm Thu - 5pm	90 mins	$190
13 +	**Teen** - Suitable for both beginners and more advanced gymnasts. This class is structured as **open gym**: each session begins with a coach-led warm-up and conditioning, after which gymnasts work in a self-directed, welcoming and social environment, supported to explore skills and progress toward their personal goals.	Thurs - 6:30pm	60 mins	$130

Programme

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.

EXCEL - By invitation only these classes are for those looking to develop advanced skills & compete - gymnasts need to work on building and maintaining strength and flexibility more than once a week. EXCEL classes are in addition to weekly foundation classes.

Pop-Up Sessions and Events

- School Gym Festival
- Club Competitions / End of Year Displays
- Junior GfA Competitions
- Competition Preparation

NRG - *Not currently available*
Primarily aimed at keeping kids active and having fun. This can include parkour and related activities such as 'Ninja Warrior' style circuits and courses, and circus activities - but anything (safe) goes

Term Dates & Public Holidays

Term 1: 02.02.2026 - 03.04.2026

Term 2: 20.04.2026 - 03.07.2026

Term 3: 20.07.2026 - 25.09.2026

Term 4: 12.10.2026 - 11.12.2026

Public Holidays:

- *6 February - Waitangi Day*
- *27 April - ANZAC Day*
- *1 June - Kings Birthday*
- *10 July - Matariki*
- *26 October - Labour Day*

For all enquiries please email us at:
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