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