

2021 EDGE DEVELOPMENT & TEEN GYMNASTICS

Development Gymnastics classes are available to children attending **Primary School** or fulltime **ELC**, aged 4 - 12 years. Classes are divided by age and ability, to allow our qualified instructors to deliver appropriate lessons to all members throughout the year. The program offers development pathways from Beginner level through to Advanced level. Members are continually monitored throughout the term and will progress through the levels at their own pace. Members are welcome to attend classes once or twice a week. Each term coaches will assess gymnasts to ensure members are in the correct levels and are challenged. **Bubble classes** are available to Beginner & Intermediate gymnasts only and run for 1 hour (min 8 enrolments). Coordinate with friends or family and book an entire class to yourselves. Contact the office for more details regarding fees and enrolment. The **Extension groups** are invitation only and is a twice a week commitment for girls and optional once or twice a week commitment for boys. The groups are offered to members who excel in the sport and provides an accelerated pathway.

Teen Gym is a program available to girls attending **High School** aged 12 - 17 years who wish to develop their gymnastics skills and improve their overall health and fitness. The classes are structured and girls are guided by a qualified instructor through a range of gymnastics-based circuits focusing on skills, strength, flexibility and cardio activities.

Mon 18 th Jan - Thur 1 st Apr		Mon 19 th Apr - Sun 27 th June		Mon 12 th Jul - Sun 19 th Sept		Mon 4 TH Oct - Fri 17 th Sept	
GIRLS GYMNASTICS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DG Beginner 5-12 years	9U 4:00 - 5:00 9U 5:45 - 6:45	9U 4:00 - 5:00 9U 5:15 - 6:15 10+ 7:00 - 8:00	9U 4:00 - 5:00	9U 4:00 - 5:00 9U 5:15 - 6:15 10+ 5:15 - 6:15 9U 5:45 - 6:45	5U 4:00 - 5:00 9U 5:15 - 6:15 10+ 6:30 - 7:30	9U 8:00 - 9:00 10+ 8:00 - 9:00 9U 9:15 - 10:15 10+ 10:30 - 11:30	5U 9:00 - 10:00 9U 9:00 - 10:00 10+ 9:00 - 10:00
DG Intermediate 5-12 years	9U 4:00 - 5:30 10+ 5:45 - 7:15	9U 4:00 - 5:30 9U 5:30 - 7:00 10+ 5:45 - 7:15 10+ 6:30 - 8:00	9U 4:00 - 5:30 9U 5:45 - 7:15	9U 4:00 - 5:30 10+ 5:45 - 7:15 10+ 7:00 - 8:30	9U 4:00 - 5:30 9U 5:45 - 7:15	9U 8:00 - 9:30 10+ 8:00 - 9:30 9U 9:30 - 11:00 9U 11:15 - 12:45 10+ 11:15 - 12:45	9U 10:15 - 11:45 10+ 10:15 - 11:45
Bubble classes DG Beg / DG Int		4:00 - 5:00 5:15 - 6:15		4:00 - 5:00		9U 9:15 - 10:15	9:00 - 10:00 10:15 - 11:15
DG Extension 2-day commitment <i>Invitation only</i>	4:00 - 5:30		4:00 - 5:30				
DG Advanced 5-12 years		6:00 - 8:00		6:30 - 8:30			
TEEN GYMNASTICS (Girls only)							
Beginner	7:00 - 8:30			7:00 - 8:30			10:15 - 11:45
Advanced	5:15 - 7:15			6:30 - 8:30			
BOYS CLASSES							
Beginner 5-9 years	4:00 - 5:00				4:00 - 5:00	9:45 - 10:45	
Intermediate 5-10 years				4:00 - 5:30	5:15 - 6:45	8:00 - 9:30	
Extension 1- or 2-day commitment <i>(Invitation Only)</i>	5:15 - 6:45					11:00 - 12:30	
For tuition fees, annual membership and more information please turn over page. For further information please see our website							
Additional notes: Please note age groups & slight timetable changes may occur mid-term and throughout the year. 5U classes are for 4+ year old's who attend full time Kinder and are unable to attend classes during school hours. No viewing is available for these classes 9U classes may include 5 - 9 year old's within the same group. When multiple classes run at the same time, groups may be divided on age & ability. Classes only open if a min. of 5 children enroll. Classes with lower enrolments may be combined or merged with a similar class. Bubble classes are available in the listed timetable above. Coordinate with friends or family and book an entire class out. Contact the office for more details							