



2020 EDGE JUNIOR GYMNASTICS

Junior Gymnastics classes are divided by both age and ability, allowing the qualified coach to deliver appropriate lessons to all members throughout the year. We focus on the dominant movement patterns and assist in the development of childhood milestones. We develop these through safe, exciting and fun activities that use age specific equipment as well as Olympic apparatus. Edge's Junior Program assists in the improvement of fine and gross motor skills, balance, co-ordination, spatial awareness, problem solving, discipline and self-achievement.

Tiny Tots (9months - 24months)

- 45minute semi-structured class with parent/ carer involvement.
- The coach demonstrates and facilitates activities for the infant and primary care giver.
- The class focuses on brain development, body awareness, social interaction, cross patterning, vestibular stimulation, balance, core strength, fine motor skills and the sensory system.
- Primary carers have the opportunity to come in and learn about the physical development of their baby

Sprouts (20months - 4 years)

- 45minute structured class with partial parent/ carer involvement.
- The coach guides the children through the class with parents/ carers to assist as required.
- The class includes structured learning opportunities and independent learning through free time.
- This class is recommended to children who are capable of advancing their skill-based activities with increased independence.

Shooting Stars (3.5 years - 5.5 years)

- 50minute structured classes with NO parent or carer involvement required.
- The instructor guides the group through the class while parents/ carers watch from the viewing area.
- This class is recommended to children aged 3.5 years+ who can work independently, without parents/ carer involvement.
- The program is divided into 3 levels; starting in Green Stars (Beginner), children will progress to the Black Stars (Intermediate) & then up to Silver Stars (Advanced). Children showing competitive potential will be invited to attend Silver Stars classes.

Schedule						
Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Tiny Tots 4months - 24 months	1:15 - 2:00	12:15 - 1:00	9:30 - 10:15	12:15 - 1:00	9:30 - 10:15	
Sprouts 24months - 4 years		9:30 - 10:15	10:20 - 11:05	9:30 - 10:15	10:20 - 11:05	
Shooting Stars Green 3½ - 5½ years	2:10 - 3:00	10:20 - 11:10 3:05 - 3:55	11:10 - 12:00 2:10 - 3:00	10:20 - 11:10 2:10 - 3:00	11:10 - 12:00 2:10 - 3:00 3:05 - 3:50	Sat *8:00 - 9:00 (NO VIEWING)
Shooting Stars Black 3½ - 5½ years		11:10 - 12:00 2:10 - 3:00	12:00 - 12:50	11:10 - 12:00 3:05 - 3:55	*4:00 - 5:00 (NO VIEWING)	Sun *9:00 - 10:00 (NO VIEWING)
Shooting Stars Silver 4 - 5½ years	3:05 - 3:55		3:05 - 3:55		12:00 - 12:50	

Don't see a class time that suits? Contact the office as we are always willing to open new classes if numbers permit.

*Classes for 4.5+ year olds who attend full time kinder & are unable to attend classes during school hours. These classes have NO parent viewing.

Classes are billed for the number of sessions allocated per term. See Fee Policy for further details.

Classes with lower enrolments may be combined or merged with a similar level/class within the first 3 weeks of each term.

All Classes will only open if a minimum of 4 gymnasts sign up.

Trial classes are permitted within the first 3 weeks of each term where availability permits

All: Edge Membership Inc. Gymnastics Victoria Insurance - \$85 per Calendar Year (Pro-rated: April - November)

2020 Tuition charges and Payment Dates - see Fee Schedule & Payment Dates