

# Gymnastics Schedule Winter Term 2025

## January 4th to April 6th



| Monday  | Tuesday   | Wednesday                            | Thursday                                       | Friday   | Saturday   | Sunday   |  |                                   |
|---|---|--------------------------------------|--|--|--|--|--|-----------------------------------|
| Tiny Tots (Adult assisted) 9:00-9:45AM                                | Venue Hire From 7:00AM (POA)                      | Venue Hire From 7:00AM (POA)         | Tiny Tots (Adult assisted) 10:45-11:30AM       | Venue Hire From 7:00AM (POA)   | Tiny Tots 2 years (Adult assisted) 9:00-9:45AM   | Tiny Tots 2 years (Adult assisted) 9:00-9:45AM   |  |                                   |
| Gym Tots 9:45-10:30AM   |   |                                      |  |  |  | Tiny Tots 3 years (Adult assisted) 9:45-10:30AM  | Gym Tots 9:45-10:30AM                  |                                   |
| Venue Hire From 10:30AM (POA)   |   |                                      |  |  | Venue Hire From 7:00AM (POA)   |  | Gym Tots 10:30-11:15AM                 | Junior Recreational 10:30-11:30AM |
| Tiny Tots (Adult assisted) 2:00-2:45PM                                |   |                                      |  |  | Tiny Tots (Adult assisted) 2:00-2:45PM   | Gym Tots 2:15-3:00PM   | Tiny Tots (Adult assisted) 2:00-2:45PM | Junior Recreational 11:15-12:15PM |
| Gym Tots 3:00-3:45PM  | Junior Recreational 3:00-4:00PM                   | Gym Tots 3:00-3:45PM                 | Junior Recreational 3:00-4:00PM                | Gym Tots 2:45-3:30PM   | Senior Recreational 12:15-1:15PM   | <div style="background-color: yellow; padding: 5px;">                     Birthday Parties<br/>                     Enquire for times<br/><br/>                     Private Lessons<br/>                     *By appointment*                 </div> |  |                                   |
| Intermediate Recreational 3:00-4:00PM                                 | Intermediate Recreational 3:00-4:00PM             | Pre-Team 3:45-5:00PM                 | Intermediate Recreational 3:00-4:00PM          | Junior Recreational 3:30-4:30PM  | Senior Extension (Invitational) 12:15-1:30PM   |  |  |                                   |
| Junior Recreational 3:45-4:45PM                                       | Skill Specific Intensive Recreational 3:00-4:15PM | Level 4 Competitive Team 4:00-6:00PM | Junior Recreational 4:00-5:00PM                | Pre Advanced Tumbling (Invitational) 3:30-4:45PM   | <div style="background-color: yellow; padding: 5px;">                     Birthday Parties<br/>                     1:30-3:15PM                 </div> |  |  |                                   |
| Junior Recreational Experienced (Invitational) 4:00-5:00PM            | Intermediate Recreational 4:00-5:00PM             | Level 3 Competitive Team 4:00-6:00PM | Senior Recreational 5:00-6:00PM                | Level 5 Competitive Team 4:30-6:30PM   |  |  |  |                                   |
| Intermediate Recreational 4:45-5:45PM                                 | Level 4 Competitive Team 4:15-6:15PM              | Level 4 Competitive Team 6:00-8:00PM | Additional Bar/ Kip Class Level 5+ 5:00-6:00PM | Level 6 Competitive Team 4:30-6:30PM   |  |  |  |                                   |
| Intermediate Excel (Invitational) 5:00-6:00PM                         | Level 3 Competitive Team 5:00-7:00PM              | Level 5 Competitive Team 6:00-8:00PM | Level 4 Competitive Team 6:00-8:00PM           | <div style="background-color: yellow; padding: 5px;">                     Birthday Parties<br/>                     6:15-8:00PM<br/><br/>                     Freeplay &amp; Games Night<br/>                     (Inquire for dates)                 </div> |  |  |  |                                   |
| Junior Recreational 6:00-7:00PM                                       | Level 6 Competitive Team 5:00-8:00PM              | Venue Hire From 7:00PM (POA)         | Level 7+ / Optional 6:00-8:00PM                |  |  |  | Level 3 Competitive Team 2:30-4:30PM   |                                   |
| Level 7+/ Performance Team 5:30-8:00PM                                | BOYS Senior Recreational 6:15-7:15PM              |                                      | Venue Hire From 7:00PM (POA)                   |  |  |  | Level 4 Competitive Team 2:30-4:30PM   |                                   |
| Venue Hire From 7:00PM (POA)  | Intermediate Recreational 6:15-7:15PM             |                                      |  |  |  |  | Level 5 Competitive Team 2:30-4:30PM   |                                   |
|   | Senior Recreational 6:15-7:15PM                   |                                      |  | Level 4 Competitive Team 4:30-6:00PM   |  |  |  |                                   |
|   | Venue Hire From 7:00PM (POA)                      |                                      |  | Advanced Tumbling 4:30-6:00PM  |  |  |  |                                   |
| *PRIVATE, SEMI-PRIVATE, SMALL GROUP LESSONS AVAILABLE BY APPOINTMENT* |   |                                      |  |  |  |  |  |                                   |
| Ages List   | Tiny Tots (Adult Assisted) 2-3 years old          | Gym Tots 4-5 years old               | Junior Recreational 5-7 years old              | Intermediate Recreational 8-10 years old   | Senior Recreational 11 years old+  |  |  |                                   |
|   | **All other classes are by invitation only.       |                                      |  |  |  |  |  |                                   |
|   | **Advanced Tumbling** 9 years old+                |                                      |  |  |  |  |  |                                   |

FOR COMPETITIVE TEAM GYMNASTS, TO BE COMPETENT ON ALL APPARATUS IT IS HIGHLY RECOMMENDED TO ATTEND TWICE PER WEEK  
PLEASE NOTE 10 % DISCOUNT APPLIES for SECOND AND ALL SUBSEQUENT CLASSES for full Term payments