

## Competition classes

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Acrobatics			4-7pm			
Team Gym	5:00pm – 7:00pm	4-5:45pm (5-8yrs) 6-7:45pm (9+yrs)				
WAG Development		4:00 – 6pm			4:00pm - 6pm	
WAG level 3		4:00 – 7pm		4:00 – 7pm		
WAG level 4		4:15 – 7:30pm		4:15 – 7:30pm		9am – 1pm
WAG level 5+		4:15 – 7:30pm		4:15 – 7:30pm		9am – 2pm
<b><u>Acrobatics Gymnastics</u></b> <b><u>COMPETITIVE</u></b>	Balance Routines – artful demonstrations of strength, balance, flexibility and agility. Dynamic Routines – showing flight from throws, boosts, pitches and catches. Combination Routines – elements from the balance and dynamic routines. <b><u>\$24 per class = \$240 for a 10 week term.</u></b>					
<b><u>Team Gym</u></b> <b><u>COMPETITIVE</u></b>	Team gym combines part of tumble, mini tramp and dance to create an exciting team competitive event. Kids get to flip, roll, jump and dance with friends. Team compete in groups of 6 – 12. <b><u>\$20 per class = \$200 for a 10 week term.</u></b>					
<b><u>Women's Artistic Gymnastics</u></b> <b><u>(WAG)</u></b> <b><u>COMPETITIVE</u></b>	Uneven bars – requiring strength, precision, concentration and courage. The gymnast moves from one bar to the other, alternating grip changes, releases and regrasps, saltos and changes direction with circular swings. Vault – A 20m sprint to the vaulting table followed by springing onto and off the hands and landing perfectly on the other side. Beam – Balance at its most extreme, adding an extra element to the acrobatic sequences, gymnastic jumps and turns. It is an exercise not only of flexibility, but of concentration, rhythm and expression. Floor – A creative combination of expressive dance, daring acrobatics and powerful gymnastics performed to music, where each gymnast communicates her own personality and style. Price on enquiry due to the different levels and training hours.					