

Gymnastics Schedule Term 1 2023

RECREATIONAL PROGRAMS:
GYM S T A R Classes
Gym Combo & Teen Combo
Trampoline Development & Parkour

DEVELOPMENT & LEVELS PROGRAM: Pre Levels, WAG (Women's Artistic), RG (Rhythmic Gymnastics), TRP & DMT (Trampoline Sports) and TeamGym. Our development and competitive classes are for our gymnastics who move through our Recreational Program or by invitation and assessment.

ONLINE INFO



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						GYM S GYM T GYM A&R 8-9am	
9:00am						KG 2-3yrs JG 4-5yrs 9-9:45am	
			KG 2-3yrs 9:30-10:15am			KG 2-3yrs JG 4-5yrs 9:45-10:30am	
10:00am			KG 2-3yrs 10:15-11am	KG & JG 2-5yrs 10:15-11am		KG 2-3yrs JG 4-5yrs 10:45-11:30am	
11:00am			JG 4-5yrs 11:15am-12pm			GYM S&T GYM A&R 11:30am-12:30pm	
					JG 4-5yrs 3:15-4pm	PRE LEVELS 11:30am-12:30pm	
4:00pm	GYM S&T 4-5pm	GYM S 4-5pm	GYM S 4-5pm	GYM S 4-5pm	GYM S WAG S&C 4-5pm		
	TRAMP DEV 4-5pm	PRE LEVELS 4-5pm	TRAMP DEV 4-5pm	TRAMP DEV 4-5pm	WAG LVL 2 4-5:30pm		
		WAG LVL 1 4-5:30pm		BEG PARKOUR 4-5pm	WAG LVL 3 4-6pm		
				RHYTHMIC DEV 4-5pm	RHYTHMIC LVL 6+ 4-7pm		
5:00pm	GYM A&R 5-6pm	GYM T PRE LEVELS 5-6pm	GYM T 5-6pm	GYM T TRAMP SKILLS 1 5-6pm	GYM T 5-6pm		
	TRAMP SKILLS 1 5-6pm	WAG LVL 2 5:30-7pm	GYM A&R 5-6pm	INT & ADV PARKOUR 5-6pm	GYM A&R 6-7pm		
		WAG LVL 3 & 4 5:30-7pm	TRAMP SKILLS 1 5-6pm	RHYTHMIC LVL 3-5 5-7pm			
6:00pm	TEEN COMBO 11+ yrs 6-7pm	TEAM GYM NOVICE 6-7pm	CYM COMBO 8+ yrs 6-7pm	GYM A&R 6-7pm			
	TRAMP SKILLS 2 6-7pm	TRAMP & DMT 6-7:30pm	TRAMP & DMT 6-7:30pm	GYM A&R 6-7pm			

CONTACT US: Email us at hornsbypcycnsw.org.au or give us a call on 02 8998 5400