



PCYC Mission

We get young people active in life

We work with young people to develop their skills, character and leadership

We reduce and prevent crime by and against young people.

Last Updated
24/11/2021

GYMNASTICS SCHEDULE



www.pycnsw.org



Gymnastics

GYM STAR	A program designed to teach children the fundamentals of gymnastics and challenge them physically and creatively		
DAY	TIME	AGE	COST
MONDAY	4pm – 5pm	4 – 5 YRS	\$140 Per Term
MONDAY	5pm – 6pm	6 – 7 YRS	
TUESDAY	4pm – 5pm	8 – 9 YRS	
WEDNESDAY	4pm – 5pm	9 – 10 YRS	
THURSDAY	4pm – 5pm	10 – 11 YRS	
FRIDAY	4pm – 5pm	11 – 12 YRS	

KINDY GYM	Introducing toddlers and young children to explore movement and think creatively founded in gymnastics.		
DAY	TIME	AGE	COST
TUESDAY	2pm – 2:45 pm	18 months – 3 Years	\$120 per term

JUNIOR GYM	A gymnastics program that is specifically designed for children aged 3 - 4, to develop fundamental gymnastics skills in a fun and engaging environment		
DAY	TIME	AGE	COST
TUESDAY	3pm – 4pm	3 – 4 Years	\$120 per term

GYMSKILLS	A gymnastics program that is specifically designed for children aged 10yrs+, to develop and learn the fundamental gymnastics skills		
DAY	TIME	AGE	COST
TUESDAY	6:30pm – 7:30pm	Open	\$140 PER TERM
THURSDAY	5PM – 6PM		

FREE G	FreeG fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performances and stunt actors: Athletes require a SKILLS ASSESSMENT from our coach PRIOR to booking into these classes.	
DAY	TIME	COST
TUESDAY	5pm – 6 pm	\$140 per term
FRIDAY	5pm – 6 pm	

BEGINNER TUMBLING	A gymnastics discipline in which athletes learn and develop a variety of skills which can be combined to form a competitive pass: Athletes require a SKILLS ASSESSMENT from our coach PRIOR to booking into these classes.	
DAY	TIME	COST
MONDAY	6pm – 7:30pm	\$160 per term
THURSDAY	6pm – 7:30pm	

DANCE ACRO	A program run to wok on acrobatic skills often used in dance such as; walkovers, aerials etc. Athletes require a skills assessment from our coach prior to booking into these classes.		
DAY	TIME	Age	COST
WEDNESDAY	6 – 7:30pm	8 +	\$160 per term
FRIDAY	6 – 7:30pm		

Gymnastics NSW - \$65

A 12 month registration fee with Gymnastics New South Wales. This is a compulsory fee across NSW for all Gymnastics program.

All participants must also be PCYC NSW members. For more information about any of our programs, please contact us:

Phone: 6562 8399

Email: kempsey@pcycnsw.org.au

