

## Maitland PCYC Gymnastics Timetable - Term 1 2021

Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am - 10am						Gym Star Gym Extension
9:15am - 10am	Kindergym	Kindergym		Kindergym	Kindergym	
10am - 11am						Gym Star Gym Extension
10:15am - 11am	Gym Fun	Kindergym	Kindergym	Kindergym	Kindergym	
11am - 12pm						Gym Star Gym Extension
11:15am - 12pm		Gym Fun	Gym Fun	Gym Fun	Gym Fun	
3:30 pm - 4:15pm	Junior Gym	Junior Gym	Junior Gym	Junior Gym		
4pm - 5pm	Gym Star	Gym Star	Gym Star	Gym Star	Trampolining	
	Gym Extension	Gym Extension Artistic Development	Gym Extension	Gym Extension Boys Gym Star		
5pm - 6pm	Gym Star	Gym Star	Gym Star	Gym Star	Trampolining	
	Gym Extension	Gym Extension	Gym Extension	Gym Extension Artistic Development		
6pm - 7:30pm	Free G	Team Gym	Free G	Team Gym		
		Adult Gymnastics	Intermediate Trampolining	Adult Gymnastics		

All Gymnastics classes have an annual Gymnastics NSW registration fee and participants must be PCYC members. All class prices are based on a 10 week term and may vary on term length and public holidays.

## PCYC MAITLAND GYMNASTICS PRICES - Term 1 2021

Gymnastics Class	Price	Information
Kindergym (45 minutes)	\$130 per term	18 months - 3.5 years - Kindergym is a gymnastics-based program designed to increase and enhance coordination, strength, flexibility and balance through play with parent's involvement.
Gym Fun (45 minutes)	\$130 per term	3.5 - 5 years - Formerly known as transition gym. This class with parent's involvement. This class is a mixture between Kindergym and Junior Gym
Junior Gymnastics (45 minutes)	\$130 per term	4 - 6 years - This class is designed for students starting kindergarten who love the challenges gymnastics involves. This class prepares children for Gym Star.
Gym Star (60 minutes)	\$140 per term	5 - 12 years - Students attending primary school. Non-competitive "beginners" program where participants learn gymnastics skills across all apparatus and areas of gymnastics. This class is graded on four different stages: G, Y, M and Star.
Gym Extension (60 minutes)	\$140 per term	5 - 12 years - This class is an extension from Gym Star for children to continue their skill development. Children are assessed toward the end of the term for; Bronze, Silver and Gold medal
Artistic Development (60 minutes)	\$140 per term	5 - 12 years - This class is an option once completing the Gold medal assessment in a previous term. The focus is apparatus specific, strength development and skills complexity. Children will start to learn somersaults and other difficult skills
Team Gym (90 minutes)	\$150 per term	10 - 17 years - This class can be either non-competitive or competitive. Team Gym combines parts of tumbling, mini tramp and dance to create an exciting team competition environment, with performances on 3 different apparatus; Floor, tumbling, vaulting / Mini trampoline. Developing skills, general fitness and working together with peers are the main outcomes.
Free G (90 minutes)	\$150 per term	8 - 14 years - For the daring adolescents that are inspired by the street gymnastics sports. This is to teach children how to prepare their body to perform skills commonly seen as street gymnastics, and progress certain skills with.
Trampolining (60 minutes)	\$140 per term	6 - 12 years - Trampolining involves 3 apparatus; large trampoline, tumbling and double mini trampoline. This involves learning how to flip and tumble, and is a lot of fun for children who love jumping high.
Intermediate Trampolining (90 minutes)	\$150 per term	11 - 17 years - Trampolining for the older age group. Stronger focus on somersaults and tumbling skills.
Adult Gymnastics (90 minutes)	\$140 – 1 session per 10 weeks \$260 – 2 sessions per 10 weeks or \$16 casual Gym NSW membership due on the 3 <sup>rd</sup> visit	For ages 17+ - This is a class for people of all skill levels. This is a fun class for adults to expand their ability in certain gymnastics skills and improve your strength and conditioning, without lifting any weights.

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