

PCYC Maitland Gymnastics Timetable – Term 2 2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am - 10am						Junior Gym
9:15am - 10am	Kindergym	Kindergym	Kindergym	Kindergym	Kindergym	
10am - 11am						GymSTAR
10:15am - 11am	Kindergym Plus	Kindergym	Kindergym	Kindergym	Kindergym	
11am - 11:45am						GymSTAR
11:15am - 12pm	Kindergym Plus	Kindergym Plus	Kindergym Plus	Kindergym Plus	Kindergym Plus	
12:15pm – 1pm					Kindergym Plus	
12:30pm – 1:30pm			GymSTAR (Homeschool)			
3:30pm – 4:15pm	Junior Gym	Junior Gym	Junior Gym	Junior Gym		
4pm - 5pm	GymSTAR	GymSTAR	GymSTAR	GymSTAR	Trampolining	
5pm - 6pm	GymSTAR	GymSTAR	GymSTAR	GymSTAR	Trampolining	
	Beginner Free G					
6pm - 7:30pm	Free G	Team Gym	Free G	Team Gym		
	GymSTAR Plus		Intermediate Trampolining			
Various times	Competitive WAG, MAG, Free G (invite only)					

All gymnastics classes have an annual Gymnastics NSW registration fee. All participants must have a valid PCYC membership.

PCYC Maitland
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LIFE CHANGING



Opening Hours during school term
Mon-Fri: 9am – 8pm
Sat: 9am – 1pm
Sun: Closed

PCYC Maitland Gymnastics Prices – Term 2 2024

Gymnastics Class	Age	Price (per class)	Class Description
Kindergym (45 minutes)	18 months – 5 years	\$17.50	Kindergym is a parent-involved class that focuses on developing a child's fundamental movement as well as enhancing social, emotional and cognitive skills in a safe and structured environment. The class involves circuit-based activities as well as guided exploration.
Kindergym Plus (45 minutes)	3.5 years – 5 years	\$17.50	Kindergym Plus bridges the gap between Kindergym and Junior Gym. It is a parent-involved class designed to improve a child's fundamental movements as well as their independence and individuality in a more structured environment.
Junior Gym (45 minutes)	4 – 6 years	\$17.50	Junior Gym is a recreational gymnastics program focusing on fundamental movements, suited to children starting kindergarten. The class is generally more quiet, allowing the children to prepare for the GymSTAR program.
GymSTAR (60 minutes)	5 – 12 years	\$18.50	GymSTAR is a recreation gymnastics programs focusing of the basic of gymnastics. Each term, students will be assessed on dominant movement patterns through the badge system: S, T, A, R, Bronze, Silver and Gold badges.
GymSTAR Plus (90 minutes)	Anyone who has passed their GOLD badge in GymSTAR	\$20.90	GymSTAR Plus is for children who have finished the GymSTAR program who wish to continue recreational gymnastics. The program builds onto the GymSTAR program by developing more advanced skills.
Team Gym (90 minutes)	10 – 17 years	\$20.90	Team Gym can be competitive or non-competitive. The program develops general fitness, social skills, teamwork, and gymnastics skills through performances of mini tramp, tumbling and floor.
Beginner Free G (60 minutes)	5 – 10 years	\$18.50	Practice parkour in a safe environment for the daring children who love to flip and jump. Free G is street gymnastics, commonly known as street gymnastics.
Free G (90 minutes)	8 – 14 years	\$20.90	Free G is street gymnastics, commonly known as parkour, performed in a safe environment allowing adolescents to improve gymnastics skills, social skills and confidence.
Trampolining (60 minutes)	6 – 12 years	\$18.50	Trampolining has three apparatus: trampoline, double mini trampolining and tumbling. The program delves into progressions for flipping and tumbling.
Intermediate Trampolining (90 minutes)	11 – 17 years	\$20.90	Trampolining for adolescents with a stronger focus on somersaults and more advanced tumbling skills. This class is competitive or non-competitive.
Competitive/invite only classes	5+ years	Varies based on number of hours attending per week.	Please speak to our staff for more information.

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