

PCYC ORANGE GYMNASTICS

2022 TERM 4 TIMETABLE

GYMNASTICS FOR ALL

Term 3 starts 10th October 2022, full payment required upon booking



MONDAY - \$145 per term 10 weeks

4pm Gymstar (G)	Tash
4pm Gymstar (Y)	Dylan
5pm Circus	Dylan

TUESDAY - \$145 per term 10 weeks

4pm Gymstar (G/Y)	Tori/Tash
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WEDNESDAY - \$145 per term 10 weeks

4pm Gymstar (G)	Tash
4pm Gymability	Grace
4:30pm Parkour (Beginners)	Jemma
5pm Gymstar (Y/M)	Tori
5.30pm Teen & Adults	Molly E (1.5hr)
6pm Parkour (Intermediate)	Tori

THURSDAY - \$145 per term 10 weeks

4pm Gymstar (G)	Tori
4pm Gymstar (Y)	Dylan
5pm Gymstar (M)	Tori
5pm Circus	Dylan

FRIDAY - \$145 per term 10 weeks

4:30pm Parkour (Beginners)	Tori
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Annual Fees
Membership (Junior) \$15
PCYC Membership (Senior) \$30
Gymnastics NSW Fee \$65

Gymstar (G) = Beginner
Gymstar (Y) = Intermediate
Gymstar (M) = Experienced

Gymnastics for All is a sport for everybody. You can develop amazing skills whilst getting strong and flexible in fun and challenging ways; it is a sport for life with something for all ages and all abilities. The basic skills of landing, rolling and being upside-down can be developed and enhanced to suit whatever kind of movement you love best: performing with your friends; trying a competitive Gymsport; keeping fit or taking it to a whole new freestyle level.

Gymnastics for All:

- Provides a challenging, engaging and fun environment
- Develops balance, co-ordination, strength and flexibility
- Builds self-esteem and provides opportunities to meet new friends
 - Provides a variety of sporting skills
- Is conducted within a safe environment which caters for personal growth and development
 - Develops healthy minds and bodies

