

PCYC ORANGE GYMNASTICS

2021 TERM 1 TIMETABLE

GYMNASTICS FOR ALL

Starts back Wednesday 27th January , Full paymnet required on booking



MONDAY - \$130.50 per term 9 weeks Coach - Zareah

4pm Gymstar (G)

5pm Gymstar (Y)

6pm Gymstar (M)

TUESDAY - \$130.50 Per term 9 weeks Coach - Grace

4pm Gymstar (G)

5pm Gymstar (Y) (M)

6pm Ninja Fit

WEDNESDAY - \$145 per term 10 weeks Coach - Amy & Grace*

4pm Ninja Fit

5pm Gymstar (G)*

6pm Gymstar (Y)*

6.30pm Adults Gymnastics 16+

THURSDAY - \$145 per term 10 weeks Coach - Zareah & Molly*

4pm Gymstar (G)

5pm Free G (Parkour)*

5pm Gymstar (M)*

FRIDAY - \$145 per term 10 weeks Coaches - Amy

5pm Ninja Fit

6pm Ninja Fit

SATURDAY - \$145 per term 10 weeks Coach - Zareah

10am Gymstart (G)

11am Gymstar (y)

12pm Ninja

Annual Fees

Membership (Junior) \$10
PCYC Membership (Senior) \$25
Gymnastics NSW Fee \$60

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

Discounts

50% off second class
75% off third and on ongoing classes
50% off third Child's class Class description

This term we will be introducing a new program called GYMSTAR. This program will be similar but also more structured and refined to hopefully provide more opportunities for our young gymnasts. If your child has not done gymnastics before and is between the ages of 5-8 we would recommend placing them into one of our G (Beginners) classes. If your child has not done gymnastics before and is between the ages of 8-11 we would recommend placing them into one of our Y (intermediate) classes based on the child's age and abilities at this age. However if your child is older than 11 years old and has not done gymnastics before we would recommend placing them into one of our Team Gym classes, which were created for older kids who have not done gymnastics before and are not ready for our M (experienced) class. If your child is over 11 or has had a lot of experience in gymnastics we would recommend placing them into one of our M (experienced) classes. If you are unsure of what class to place your child into please don't hesitate to have a chat to one of our coaches or staff members.

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:

- Is lots of fun
- Develops balance, co-ordination and confident body movement
- Builds self-esteem, strength and flexibility, preparing the body & mind for life's challenges
 - Provides heaps of variety.....so there is something for everyone
- Is conducted within a safe environment which caters for personal growth and development
- Develops healthy minds and bodies for now and later on in life.

