

PCYC ORANGE GYMNASTICS

2022 TERM 4 TIMETABLE

TRAMP & TUMBLING

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



MONDAY

4pm Beginner Tramp & Tumbling 1 hour Molly E \$145

5pm Intermediate Tramp & Tumbling & Competition 2 hour Molly E \$200

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4pm Intermediate Tramp & Tumbling & Competition 3 hour Molly E \$250

Annual Fees

PCYC Membership fee \$15
Gymnastics NSW Fee (REC) \$65
Gymnastics NSW Fee (Comp) \$100

Trampoline sports competition consists of 3 apparatus;

Individual Trampoline

Individual Trampoline consists of a single competitor performing two routines on the Trampoline. These routines consist of a 1st voluntary (compulsory elements) and a 2nd voluntary routine (optional skills). Both routines have 10 skills that range from aerial shapes (tuck, pike and straight) to multiple somersaults with twists. Skills receive difficulty points according to body position, the degrees of rotation and twist executed. In the 2nd voluntary routine competitors will use a combination of ten different skills combining double and triple somersaults with multiple twists.

Tumbling

Tumbling brings the skills commonly seen in women's, men's and acrobatic gymnastics into a competitive and fast-paced environment. Gymnasts perform the tumbling skills in a straight line along on a rod or air floor, completing five skills in the levels system (as part of short-track tumbling) or eight skills in the international levels of competition.

Double Mini Trampoline

The double mini discipline is performed on a smaller trampoline, where the gymnast will gain a 20 metre run-up before launching onto the trampoline, performing two skills and then dismounting onto the landing mat. Gymnasts will complete two flights in each competition.