

# PCYC ORANGE GYMNASTICS

## 2022 TERM 2 TIMETABLE

### GYMNASTICS FOR ALL

Starts back Tuesday 26th April, Full payment required on booking  
Classes 50 mins unless stated other wise



#### MONDAY - \$116 per term 8 weeks

4pm Gymstar (G)	Dylan
4pm Gymstar (Y)	Grace

#### TUESDAY - \$145 per term 10 weeks

4pm Gymstar (G)	Poppi
4pm Gymstar (Y)	Poppi
5pm Gymstar (M)	Poppi

#### WEDNESDAY - \$145 per term 10 weeks

4pm Gymstar (G)	Molly E
4:30pm Parkour (Beginners)	Ryan (Grace)
5pm Gymstar (Y/M)	Tori
5pm Teen (12+ years)	Molly E
6pm Parkour (Intermediate)	Tori
6pm Adults	Molly E

#### THURSDAY - \$145 per term 10 weeks

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

#### FRIDAY - \$145 per term 10 weeks

4:30pm Parkour (Beginners)	Tori
5:30pm Parkour (Intermediate)	Tori

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## 2022 TERM 2 TIMETABLE

### TRAMP & TUMBLING

Starts back Tuesday 26th April, Full payment required on booking



#### MONDAY

4pm - 4:50pm	Beginner Tramp & Tumbling	Molly E	\$116
5pm - 5:50pm	Intermediate Tramp & Tumbling	Molly E	\$116
6pm - 7pm	Competitive Tramp	Molly E	\$116

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

4pm - 4:50pm	Beginner Tramp & Tumbling	Molly E	\$145
5pm - 5:50pm	Intermediate Tramp & Tumbling	Molly E	\$145
6pm - 7pm	Competitive Tramp	Molly E	\$145

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



## 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.

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## 2022 TERM 2 TIMETABLE

### KINDER GYM - Preschool children

Starts back Tuesday 26th April , Full payment required on booking  
Classes 45 mins unless stated other wise



#### MONDAY - Grace

9:30am 1-4yrs \$104

10:30am 1-4yrs \$104

#### TUESDAY - Grace

10am 1-4yrs \$130

#### WEDNESDAY - Grace

10am 1-4yrs \$130

#### THURSDAY - Grace

9am 1-4yrs \$130

10am 4yrs+ (Parent not required) \$130

#### FRIDAY - Grace

9:30am 1-4yrs \$130

Annual Fees  
PCYC Membership Fee \$15  
Gym NSW Fee \$55 (Kindergym Only)

Kindergym is Gymnastics Australia's movement-based learning experience for young children and their parents or caregivers.

Children need as many opportunities as possible to optimise brain development and increase physical potential before they go to school. Kindergym provides a safe environment for children to develop physical skills in a fun and playful way, at their own rate. Educational research tells us that children learn best through exploring and discovering their abilities through physical activity. Gymnastics Australia's Kindergym program offers children a LaunchPad into fundamental movement; ensuring they can experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies. While developing co-ordination and self-esteem, Kindergym programs assist in your child's physical, social and cognitive development.

An Accredited Kindergym Leader guides each program, ensuring that the equipment set-ups are safe, stimulating and provide endless movement opportunities for your child to play and learn. Kindergym promotes the child as the key focal point and involves active participation of the child's mother, father or carer who also benefit from sharing in their children's fun and enjoyment. Kindergym allows parents to share rather than direct, allowing for real benefits from their child's self-initiated play.

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## 2022 TERM 2 TIMETABLE

### WOMEN'S ARTISTIC GYMNASTICS

Starts back Tuesday 26th April, Full payment required on booking



#### MONDAY

5pm WAG Level 1 & 2 2 hours Grace \$160

#### TUESDAY

4pm WAG Level 3 & 4 3 hours Grace \$250

#### WEDNESDAY

5pm WAG Level 1 & 2 2 hours Grace \$200

#### THURSDAY

4pm WAG Level 3 & 4 3 hours Grace \$250

#### FRIDAY

## Annual Fees

PCYC Membership fee \$15

Gymnastics NSW Fee (REC) \$65

Gymnastics NSW Fee (Comp) \$100

Women's Artistic Gymnastics is a creative blend of daring and control; powerful yet refined, elegant yet strong. Mastery on the four apparatus requires skills that flip, balance, swing and soar.

Women's Artistic Gymnastics is for women and girls of all ages. Once you've learnt the basics, you can develop your skills for fun and fitness or challenge yourself further through competitions from local to national, right through to international level.

The four competitive apparatus in Women's Artistic Gymnastics are:  
Vault, uneven bars, beam and floor.