



## PCYC Mission

We get young people active in life

We work with young people to develop their skills, character and leadership

We reduce and prevent crime by and against young people.

### PCYC QUEANBEYAN

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# 2023 TERM 1 GYMNASTICS SCHEDULE

<b>FREEPLAY</b>	For 6 months -3 year olds who want to explore through play in a non-structured class environment. Parent or caregiver participation is a must. Guided by an accredited coach.		
DAY	TIME	AGE	COST
TUESDAY	10:15am – 10:45am	6 Months – 3 Years	\$100 per term \$10 casual class

<b>KINDERGYM</b>	For toddlers to pre-schoolers, with specific programs focused on developing physical literacy, cognitive growth, social interaction and coordination. Parent or caregiver participation is a must and is led by an accredited coach.		
DAY	TIME	AGE	COST
MONDAY	10:30am – 11:15am	1.5 – 5 Years	\$190 per term
TUESDAY FRIDAY	9:30am – 10:15am		
SATURDAY	9:00am – 9:45am 10:00am – 10:45am		

<b>JUNIOR GYM</b>	For 4-5 year olds who want a structured class, setting the foundation to transition from KinderGym to GymStar. Parent or caregiver assistance is not required in this class and is led by an accredited coach.		
DAY	TIME	AGE	COST
TUESDAY	3:00pm – 4:00pm	4 – 5 Years	\$190 per term
FRIDAY	10:30am – 11:30am		
SATURDAY	9:30am – 10:30am		

<b>ADULT GYMNASTICS</b>	From Beginners – Advanced, this class is for all Adults 18+ who want to try gymnastics and use our fantastic facility. Guided by qualified coaches who love to teach new skills.		
DAY	TIME	AGE	COST
TUESDAY	7:00pm – 8:30pm	18 Years +	\$190 per term \$20 casual class

<b>GYM-STAR</b>	Our GymStar Recreational gymnastics program develops balance, coordination, strength and flexibility using a wide range of equipment including beams, bars, trampolines and rings in a safe environment. This class aims to provide each child with the foundation skills required for gymnastics.		
DAY	TIME	AGE	COST
MONDAY – FRIDAY	4:00pm – 5:00pm	5 – 12 Years	\$190 per term
MONDAY – THURSDAY	5:00pm – 6:00pm		
SATURDAY	9:00am – 10:00am 10:00am – 11:00am		

<b>GYM-STAR EXTENDED</b>	GymStar Extended provides GymStar kids an opportunity to spend an extra half hour to work on specific skills and build on their strength, flexibility and coordination.		
DAY	TIME	AGE	COST
MONDAY – THURSDAY	5:00pm – 6:30pm	5 – 12 Years	\$255 per term
SATURDAY	10:00am – 11:30am		

<b>FREE G NINJA WARRIOR</b>	Free G gets your body moving in ways you never thought possible. It will get your heart racing and develop a heightened sense of spatial awareness that can be put to use in a variety of sports. Intermediate classes are by invitation only.		
GROUP	DAY	TIME	COST
Beginner (5-12 years)	TUESDAY	4:00pm – 5:00pm 5:00pm – 6:00pm	\$190 per term
	WEDNESDAY	4:30pm – 5:30pm 5:30pm – 6:30pm	

**AFFILIATION AND INSURANCE WITH GYMNASTICS AUSTRALIA IS REQUIRED FOR ALL GYMNASTICS CLASSES \$65/YEAR**  
**ALL FEES ARE BASED ON A 10 WEEK TERM AND AUTOMATICALLY ADJUSTED FOR 9 OR 11 WEEK TERMS**  
**ALL PARTICIPANTS MUST BE CURRENT PCYC MEMBERS \$15/12 MONTHS**