



## 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 2 GYMNASTICS SCHEDULE

<b>FREEPLAY</b> Ages 6 months – 3 years			
Free exploration for bubs who wish to learn through play in a non-structured class environment.			
DAY	TIME	AGE	COST
TUESDAY	10:15am – 10:45am	6 months – 3 years	\$100 per term \$10 casual class

<b>KINDERGYM</b> Ages 1.5 – 5 years			
Guided discovery for children to develop physical literacy, cognitive growth, social interaction and coordination through fun circuits week to week. Parent or caregiver participation is required.			
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> Ages 4 – 5			
Setting the foundation to transition from KinderGym to GymStar. Children follow circuits week to week to increase development and confidence.			
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> Ages 18+			
For adults who wish to try gymnastics. These sessions are guided by qualified coaches who love to teach new skills. No previous experience required.			
DAY	TIME	AGE	COST
TUESDAY	7:00pm – 8:30pm	18+ years	\$190 per term \$20 casual class

<b>GYM-STAR</b> Ages 5 – 8			
Designed to provide each child with the foundation skills required for gymnastics.			
DAY	TIME	AGE	COST
MONDAY – FRIDAY	4:00pm – 5:00pm	5 – 8 years	\$190 per term
MONDAY – THURSDAY	5:00pm – 6:00pm		
SATURDAY	9:00am – 10:00am 10:00am – 11:00am		

<b>GYM-STAR</b> Ages 8 – 12			
Designed to provide each child with the foundation skills required for gymnastics.			
DAY	TIME	AGE	COST
MONDAY – THURSDAY	5:00pm – 6:30pm	8 – 12 years	\$255 per term

<b>GYM-STAR</b> Ages 8 – 12			
Designed to provide each child with the foundation skills required for gymnastics.			
DAY	TIME	AGE	COST
MONDAY THURSDAY FRIDAY	5:00pm – 7:00pm	8 – 12 years	\$310 per term

<b>FREE G/ NINJA WARRIOR</b> A mixture of parkour, gymnastics and ninja warrior			
GROUP	DAY	TIME	COST
Beginner (Ages 5 – 8)	TUESDAY	4:00pm – 5:00pm 5:00pm – 6:00pm	\$190 per term
	WEDNESDAY	4:30pm – 5:30pm 5:30pm – 6:30pm	
Intermediate (Ages 8 -12)	TUESDAY	6:00pm – 7:00pm	
	WEDNESDAY	6:30pm – 7:30pm	

**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**