



## PCYC WAGGA GYMNASTICS CLASS DESCRIPTIONS

Gymnastics is the perfect foundational sport, developing skills such as balance, flexibility, coordination and strength. These skills will benefit children far beyond their time in gymnastics!

- All classes run for 1 hour.
- Classes run on a term basis - participants will sign up perpetually, which means their enrolment continues until such a time that they cancel. Classes run only in the school term. Participants will be signing up to direct debit - they will be charged \$32/fortnight to their nominated account/card.
- Upfront term payment is available as a last resort.
- Casual classes are available for \$20 a session. A maximum of 3 casual sessions can be done before the Gymnastics Registration fee needs to be paid. Casual classes are subject to spaces being available.
- All participants must be current club members. Kindergym participants must have a parent/adult assist them in their lesson - they do not need to be a member.
- All participants must be registered with Gymnastics Australia (rego runs on the calendar year and can be transferred from other gymnastics clubs).
- DO NOT overbook classes as this compromises quality. Always take details of anyone interested (even if our current days/times don't work for them) so we can reach out when we add more classes.

### KINDERGYM

DAY/TIME: Thursday 9:30am

AGE: 18mths +

CLASS COST: \$16

REGO: \$55

Give your little one a head start in life! With a focus on learning through play and movement, each lesson will use colours, sounds and challenges to help your child develop their body control and strengthen brain connections. Children will learn to roll, climb, jump and swing all while having fun and socializing with parents and other children. This class is parent/adult assisted.

### JUNIOR GYM

DAY/TIME: Thursday 10:30am

AGE: 3.5-5 yrs

CLASS COST: \$16

REGO: \$55

Junior Gym is our independent learning class for preschool aged participants. Children will learn the basics of gymnastics in a safe and fun environment which promotes social skills, confident body movement as well as fine and gross motor development.

### GYMSTAR 5-8

DAY/TIME: Wednesday 4pm

AGE: 5-8 years

CLASS COST: \$16

REGO: \$65

GymStar teaches the basics of gymnastics and fundamental movement in a fun and safe environment. Participants will use a variety of equipment to build strength, coordination and flexibility - skills for life! This class is for ages 5-8, and must be enrolled in school.



## PCYC WAGGA GYMNASTICS CLASS DESCRIPTIONS

### GYMSTAR 9-12

DAY/TIME: Wednesday 5pm

AGE: 9-12 years

CLASS COST: \$16

REGO: \$65

GymStar teaches the basics of gymnastics and fundamental movement in a fun and safe environment. Participants will use a variety of equipment to build strength, coordination and flexibility - skills for life!  
This class is for ages 9-12.