

# Gymnastics Schedule

## YMCA

### BOWEN HILLS

Effective from June 2023

*YMCA Bowen Hills delivers an exceptionally unique program suitable for people of all ages - from walking to adults of any fitness level.*

#### ADDITIONAL FEES

- ✓ EQUIPMENT LEVY \$1.50 per week per child
  - ✓ ANNUAL REGISTRATION / MEMBERSHIP:
    - \$50.00 per year for Kindergym
    - \$55.00 per year for Y Steps and Gym Sports
- \*Gymnastics classes run for 48 weeks per year.

#### Did you know

We also host Birthday Parties!

Our **competitive team programs** provide an opportunity for gymnasts who wish to train and compete in the Australian National Levels Program (Level 3-10) at local, regional, state and national events. We offer both Women's (WAG) and Men's (MAG) competitive gymnastics classes to children by invitation only.

As our gymnasts move up through our steps programs and transition to the competitive levels, training hours are increased progressively.

## YMCA Bowen Hills Enrolment Procedure

1. Contact us on **(07) 3851 8800** or email **bowenhills@ymcabrisbane.org** to enquire and check class availability for your child/children.
2. Complete an enrolment form via the QR Code 24 hours before your trial class or complete a manual form in the centre.
3. Wait for your confirmation email to confirm the booking!



## YMCA, BOWEN HILLS

95 Abbotsford RD, Bowen Hills QLD 4006 **p:** 07 3851 8800  
**e:** bowenhills@ymcabrisbane.org



<b>KINDERGYM</b>	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>GYM BUBS</b> - ages crawling to 2.5 years - 45 mins \$18.50							
7:30am - 8:15am						✓	
8:45am - 9:30am	✓	✓					
11:00am - 11:45am			✓				
<b>GYM TOTS</b> - ages 2.5 years to 4 years - 45 mins \$19.50							
8:30am - 9:15am			✓	✓			
9:30am - 10:15am						✓	
9:45am - 10:30am	✓	✓			✓		
<b>FAMILY GYM</b> - ages crawling to 5 years - 1 Hour \$21.50 first child, \$11.50 second child							
8:30am - 9:30am						✓	
9:45am - 10:45am			✓	✓			
11:00am - 12:00pm	✓	✓					
<b>GYM KIDS</b> - ages 4 to prep - 1 Hour \$21.50							
8:30am - 9:30am						✓	
9:30am - 10:30am						✓	
9:45am - 10:45am	✓	✓	✓	✓	✓		
11:00am - 12:00pm	✓	✓	✓				
3:30pm - 4:30pm	✓		✓				
<b>PREP READY</b> - ages enrolled in prep 4½ to 6 years - 1 Hour \$21.50							
8:30am - 9:30am						✓	
9:30am - 10:30am						✓	
3:30pm - 4:30pm	✓	✓	✓	✓	✓		
<b>GYM PLAY</b> - ages under 5 years - Casual \$12.50							
12:00pm - 1:00pm	✓		✓		✓		
<b>BOYS GYMNASTICS</b>							
<b>BOYS STEP 2-4</b> - ages 7 to 8 years - 1 Hour \$21.50							
10:45am - 11:45am						✓	
3:30pm - 4:30pm		✓		✓			
<b>BOYS 5+</b> - Passed previous Step - 2 Hours \$33.50							
4:40pm - 6:40pm		✓		✓			

<b>Y STEPS</b>	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>STEP 1</b> - Grade 1 (ages 6-7 years) - 1 Hour \$21.50							
8:30am - 9:30am						✓	
9:30am - 10:30am						✓	
10:45am - 11:45am						✓	
3:30pm - 4:30pm	✓	✓	✓	✓	✓		
<b>STEP 2</b> - Grade 2 (ages 7-8 years) or passed Step 1 - 1 Hour \$21.50							
8:30am - 9:30am						✓	
9:30am - 10:30am						✓	
10:45am - 11:45am						✓	
3:30pm - 4:30pm	✓	✓	✓	✓	✓		
<b>STEP 3</b> - Grade 3 (ages 8-10 years) or passed Step 2 - 1 Hour \$21.50							
10:45am - 11:45am						✓	
11:45am - 12:45am						✓	
3:30pm - 4:30pm	✓	✓	✓	✓	✓		
<b>STEP 4-5</b> - Passed Step 3 & Passed Step 4 respectively - 1.5 Hours \$27.50							
11:45am - 1:15pm						✓	
4:40pm - 6:10pm	✓	✓	✓	✓	✓		
<b>STEP 6</b> - Passed previous Step - 2 Hours \$33.50 or 2 Classes for \$57.50							
4:40pm - 6:40pm		✓		✓			
<b>STEP 7-8</b> - Passed previous Step - 3 Hours \$45.00 or 2 Classes for \$61.50							
4:40pm - 7:40pm		✓		✓			
<b>GYM SPORTS</b>							
<b>TEAM GYM</b> - ages 10+ years - 2 Hours \$33.50							
4:40pm - 6:40pm	✓						
<b>TEAM GYM</b> - ages 5 to 10 years - 1.5 Hours \$27.50							
4:40pm - 6:10pm					✓		
<b>TEEN GYM</b> - ages 12+ years - 2 Hours \$33.50							
4:40pm - 6:40pm			✓				
<b>NINJA 5-8yrs</b> - 1 Hour \$21.50							
10:45am - 11:45am						✓	
3:30pm - 4:30pm	✓		✓		✓	✓	
<b>NINJA 9-12yrs</b> - 1.5 Hours \$27.50							
11:45am - 1:15pm						✓	
4:40pm - 6:10pm	✓		✓		✓		
<b>TRAMP &amp; TUMBLE 5-8yrs</b> - 1 Hour \$21.50							
3:30pm - 4:30pm		✓	✓	✓			
<b>TRAMP &amp; TUMBLE 9-12 yrs</b> - 1.5 Hours \$27.50							
4:40pm - 6:10pm			✓				
<b>ADULTS</b> - 1.5 Hours \$20.00 Casual							
6:40pm - 8:10pm	✓						



View our Welcome Book that includes class descriptions & FAQ.

