

## Important Information

- Term 4 classes: Commence on 06/10/2020 –13/12/2020
- Term 4 competitive classes: Commences on 06/10/2020 – 20/12/2020
- Each class has a limited number of spaces and pre-booking, pre-payment is essential to secure your child's position
- An annual registration fee of \$65 per student (\$52 for under 5's, \$80 for competitive) applies for Gymnastics Queensland Affiliation. Registration is valid until Dec 31, 2020.
- An equipment levy is applicable per term per student. \$12.50 per noncompetitive student and \$15 per competitive student
- Each class has a limited number of spaces and pre-booking, pre-payment is essential to secure your child's position
- Classes are subject to change at YMCA discretion. We offer 1 x make up class per student per term for any missed lessons. Bookings for make-up lessons must be made at the Programs Reception
- Fees are due in full at the time of booking. **Refunds do not apply.**

## Our PROGRAMS

Students of any age & gender can experience a seamless pathway of gymnastics development across **FOUR** programs:

**KinderGym:** A movement education program for toddlers, infants and preps.

Children attend with a participating parent up to 3-4 years of age. Skill learning is experiential, age-based and developmental.

**Non-competitive STEPs Classes:** Eight STEPS of non-competitive skill learning and incredible fitness development.

**Competitive TEAMS:** Ability based competitive skill development including the National Levels 3-10 and above. This program has classes for competitive Women's Artistic Gymnastics.

**Gym-sport and Life-long Fitness:** Tumbling, Adult Gymnastics, Gym Fit Girls/Boys and Team Gym.

### Kids Are Jumping, Twirling and Flipping for parties at the Y

Treat your child to the best Birthday party in town without having to worry about keeping kids entertained, making a cake or cleaning up afterwards! Our qualified and fully trained staff will entertain your child's guests with games and fun in the soft-fall areas of our gymnastics stadium



## WHY Gymnastics?

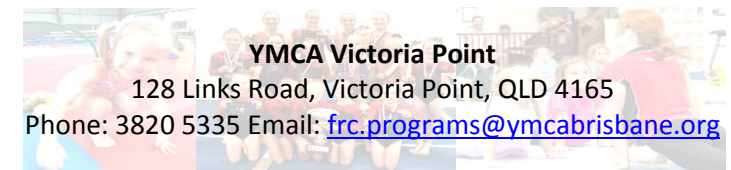
**We believe that gymnastics is among the best PHYSICAL EDUCATION a person can receive to maximise lifelong movement skills and physical fitness.**

Gymnastics participation offers a **package of benefits** that enriches and physically educates participant's lives in ways that are difficult to achieve through most other activities and sports (Dr. W. Sands, 2013):

- Best fundamental motor patterns,
- Best flexibility development
- Best strength and postural control,
- Enhanced balance,
- Enhanced anaerobic endurance,
- Enhanced academic readiness,
- Enhanced task-mastery,
- Enhanced skill focus,
- Enhanced goal setting abilities,
- The best long-term bone forming and strengthening advantages.

**We believe that gymnastics is the foundation for all human movement, and by extension, for other sports.**

Gymnastics provides every person with the PHYSICAL LITERACY for life.



## Under 5's KinderGym Program

|   | MON           | TUES | WED           | THUR            | FRI           | SAT         | SUN |
|---|---------------|------|---------------|-----------------|---------------|-------------|-----|
| <b>Gym Play</b><br>\$10/class<br>Under 5        |               |      | 9:15-10:15am  |                 | 9:15-10:15am  |             |     |
| <b>Gym Bubs</b><br>\$12.50<br>Walkers – 2.5yrs  |               |      |               |                 |               | 7:30-8:00am |     |
| <b>Gym Tots</b><br>\$12.50<br>2.5 – 3.5yrs      | 9:15-10:00am  |      |               | 9:15-10:00am    |               | 8:00-8:45am |     |
| <b>Gym Tots Plus</b><br>\$12.50<br>3.5 – 4yrs   | 10:15-11:00am |      |               |                 |               | 8:45-9:30am |     |
| <b>Gym Kids</b><br>\$16.50<br>4 – 5yrs          | 11:00-12:00pm |      | 10:30-11:30am | 10:00-11:00am   | 10:30-11:30am | 7:30-8:30am |     |
| <b>Y Obstacles</b><br>\$10/ Class<br>3.5- 5 yrs |               |      |               | 11:15am-12:00pm |               |             |     |

## WAG Competitive Program

|                                 | Hours P/W | MON         | TUES        | WED         | THUR        | FRI         | SAT          |
|---------------------------------|-----------|-------------|-------------|-------------|-------------|-------------|--------------|
| <b>WAG 3 TEAM</b><br>11 weeks   | 7         |             | 3.30-6.00pm |             | 3.30-6.00pm |             | 9.30-11.30pm |
| <b>WAG 4-7 TEAM</b><br>11 weeks | 14        | 4:00-7.30pm |             | 4:00-7.30pm |             | 4:00-7.30pm | 9.30-1.00pm  |

## STEP's School Aged Program

|  | MON         | TUES        | WED         | THUR        | FRI           | SAT           | SUN |
|--|-------------|-------------|-------------|-------------|---------------|---------------|-----|
| 1 day per week, 2 <sup>nd</sup> class optional with 10% discount |             |             |             |             |               |               |     |
| <b>PREP READY</b><br>\$16.50                                     |             |             |             |             | 10.30-11.30am | 8.30-9.30am   |     |
| <b>STEP 1</b><br>\$16.50   | 3.30-4.30pm | 3.30-4.30pm |             | 3.30-4.30pm |               | 8.30-9.30am   |     |
| <b>STEP 2</b><br>\$16.50   | 3.30-4.30pm |             | 3.30-4.30pm |             | 3.30-4.30pm   | 9.30-10.30am  |     |
| <b>STEP 3</b><br>\$23  |             |             | 3.30-5:00pm |             | 3:30-5:00pm   | 8.00-9.30am   |     |
| <b>STEP 4</b><br>\$25.90   |             | 3:30-5:00pm |             | 3:30-5:00pm |               | 10.30-12.00pm |     |
| 2 days per week compulsory as per combination options            |             |             |             |             |               |               |     |
| <b>STEP 5 GIRLS</b><br>\$47.20 per wk                            | 4:30-6.30pm |             | 4:30-6.30pm |             |               |               |     |
| <b>STEP 6 GIRLS</b><br>\$47.20 per wk                            |             | 4.30-6.30pm |             | 4.30-6.30pm |               |               |     |
| <b>STEPS 7-10 GIRLS</b><br>\$47.70 per wk                        |             |             | 5:00-7:30pm |             | 5.00-7:30pm   |               |     |

## Gym Sport Programs

|                         | MON                     | TUES                    | WED | THUR | FRI                         | SAT | SUN |
|-------------------------|-------------------------|-------------------------|-----|------|-----------------------------|-----|-----|
| <b>Gym Fit</b><br>\$22  | 4.30-6.00pm<br>Advanced |                         |     |      | 5:00-6:30pm<br>Intermediate |     |     |
| <b>Tumbling</b><br>\$22 |                         | 5:00-6:30pm<br>Advanced |     |      |                             |     |     |