

2019 Recreation Timetable

Fun Gym

Fun Gym is for children aged 4 to 7 years of age who wish to learn the basics of gymnastics. They will explore different gymnastics apparatus, under the instruction of a coach, experiencing floor, beam, bars, rings, trampolines and foam pits. This class will provide fun and challenge activities and games which improves strength, flexibility and co-ordination.

Mixed - Monday, Tuesday, Wednesday or Friday 3.45 – 4.45 pm Boys Friday 3.45 – 4.45 pm

Gymstar

This is a 1 ¼ hour recreational class recommended for girls aged 7 – 12 years. They participate in a range of activities developing skills on bars, beam, floor, vault, trampoline, airfloors and foam pits. This program then leads onto the National Foundation Levels program.

Monday, Tuesday, Wednesday or Friday 3.45 – 5.30 pm Saturday 8.30 – 10.15 am

Mr Muscles

This is a 1 ¼ hour recreational class recommended for boys aged 7 – 12 years. They participate in a range of activities developing skills on rings, pommel, high bar, P Bars, floor, vault, trampoline, airfloors and foam pits. These classes challenges boys through activities and games to improve strength and flexibility for all sports

Wednesday 3.45 – 5.30 pm

Senior Recreation

Senior Recreation is for children 13 years and older, who wish to learn the basics of gymnastics. It is for teenagers of all abilities. The focus of the class is on enjoyment, fitness and the development of appropriate gymnastics skills. Perfect for all of those budding gymnasts who started at a later age.

Wednesday 6.30 – 8.00pm

Competition Squads

Pre level, WAG & MAG squads are by selection only.