

Classes 2018

BOOKINGS ESSENTIAL!

With your first lesson being **FREE** trial and nothing locked in, why not give it a go?!

BEGINNER

Gymstar level 1- 4

Monday	5.00 - 7.00pm
Tuesday	5.00 - 7.00pm
Wednesday	5.00 - 7.00pm
Thursday	5.00 - 7.00pm
Friday	5.00 - 7.00pm
Saturday	12.30 - 2.30pm

INTERMEDIATE

Gymstar level 5 & 7

Monday	5.30 - 8.00pm
Wednesday	5.30 - 8.00pm
Thursday	5.30 - 8.00pm
Friday	5.30 - 8.00pm
Saturday	12.30 - 3.00pm

ADVANCED

Gymstar level 7 - 10

Tuesday	5.30 - 8.30pm
Thursday	5.30 - 8.30pm



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Gymstar Class 8



Gymstar

Beginner

Our Girls Gymstar level 1&2 program is a 2 hour class that is perfect for any girl between the age of 9 and 15 with little or no gymnastics experience. Our Girls Gymstar programs are designed to be a rewarding experience that is both fun and challenging. The Gymstar level 1&2 program introduces the girls to the basics of women's gymnastics, including all four women's apparatus: vault, bars, beam and floor. Your daughter will learn to perform all types of basic skills such as cartwheels, handstands and back-hip circles, to name a few. They will also learn the fundamentals that will allow them to learn higher level skills such as flips, walkovers and more in the future.

FEES: \$380 based on a 10 week school term plus Gymnastics Australia membership.

Intermediate

Our Girls Gymstar level 3 program is an intermediate level program that offers 2.5-5 hours of training per week and is ideal for any girl between the ages of 10 and 16 with prior gymnastics experience. This program is designed to further advance the girls who have achieved the basics of women's gymnastics in our Gymstar level 1&2 program or equivalent class. Girls who show potential, talent and dedication to working hard will also be offered the opportunity to compete at Inter-club Gymstar competitions or even enter a state level squad.

FEES: \$475 based on a 10 week school term plus Gymnastics Australia membership.



Advanced

Our Girls Gymstar level 4&5 program is an advanced program that offers 3-6 hours of training per week and caters for any girl between the ages of 11 and 17 with extensive gymnastics experience such as having completed at gymstar level 3, any state level equivalent or having sufficient skills and strength to enter the group.

FEES: \$510 based on a 10 week school term plus Gymnastics Australia membership.



Aims of the program

We aim to give all the girls a positive experience in a family friendly environment and encourage them to work hard to develop their strength, flexibility and co-ordination in such a way that, not only benefits their gymnastics, but can also help in all other aspects of their life. Working their way through the balance Gymnastics Gymstar certificate system will provide a challenging and rewarding opportunity for the girls. The gymnasts are constantly monitored by our qualified coaches to assess whether they are in the most suitable group for them as an individual. We will always work hard to make sure that every need is catered for to the best of our ability.

