

# Classes 2018

## BOOKINGS ESSENTIAL!

### YOUNG JUNIORS

Monday	4.00 - 5.00pm
Tuesday	4.00 - 5.00pm
Wednesday	4.00 - 5.00pm
Thursday	4.00 - 5.00pm
Friday	4.00 - 5.00pm
Saturday	10.00 - 11am + 11am - 12pm

### JUNIORS

Monday	4.00 - 5.00pm
Tuesday	4.00 - 5.00pm
Wednesday	4.00 - 5.00pm
Thursday	4.00 - 5.00pm
Friday	4.00 - 5.00 + 5.00 - 6.00pm
Saturday	10.00 - 11am + 11am - 12pm

### ADVANCED JUNIORS

Monday	4.00 - 5.30pm
Tuesday	4.00 - 5.30pm
Wednesday	4.00 - 5.30pm
Thursday	4.00 - 5.30pm
Friday	4.00 - 5.30pm
Saturday	9.00 - 10.30am + 10.30 - 12.00pm

# Junior Classes 2018



**BALANCE**  
GYMNASTICS  
A FITNESS CENTRE

#### Balance Gymnastics

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GYMNASTICS  
A FITNESS CENTRE

# Juniors

## Young Juniors

Young Juniors classes are designed for school children aged approximately 5 to 6 years old. This class runs after school as well as on Saturday mornings.

Young Juniors a recreational program which develops the fundamentals of gymnastics.

This class utilizes all equipment in the gym, via a rotating schedule. The emphasis is on maximum participation in which children can achieve a high level of success. The program aims to build self-esteem and confidence, as well as improve motor co-ordination & fitness. The program runs for the year, however children may join the class at any time.

**FEES:** \$220 based on a 10 week school term plus Gymnastics Australia membership.



## Juniors

Juniors classes are designed for children aged approximately 7 - 9 years old. This class also runs after school as well as Saturday mornings. Juniors is a recreational program which develops the fundamentals of gymnastics, through the use of the dominant movement patterns.

This class utilizes all equipment in the gym, via a rotating schedule. The program runs for the year, however children may join the class at any time.

**FEES:** \$220 based on a 10 week school term plus Gymnastics Australia membership.

## Advanced Juniors

Advanced Juniors is designed to cater for children who have progressed through the junior program and are looking for a challenge.

This class runs for 1.5 hours, and builds on the basic skills that are taught in the juniors program. This class aims to build confidence and motor-skill acquisition in a fun and challenging environment.

All children in these programs are monitored internally during their class via progressive testing & monitoring, to ensure children are kept challenged and are in the appropriate class.

**FEES:** \$330 based on a 10 week school term plus Gymnastics Australia membership.