

2011 GENERAL GYM SCHEDULE

General Gym Including Junior Gym, Gym Fun, Gym Skills, Display & Adult Class.

GENERAL GYM – Ages 5 years +

Group / Level	Age	Day	Time	COACH	Type of class
Junior Gym	At Prep	Tuesday	3.30 – 4.30 pm	Brittany TROGI	Recreational gymnastic for children attending full time Prep programs INDEPENDENT - NO Parents participation!
		Thursday	3.30 – 4.30 pm	Brittany TROGI	
		Saturday	9.30-10.30 am	Brittany TROGI	
GYM FUN	5-8 years	Monday	3.30 – 4.30 PM	Jessica WARD	Gymnastics for Beginners – come and try is the motto here! Emphasis in this class is on learning confident body management (Rolling, jumping, swinging, landing from heights etc)
		Tuesday	4.30 – 5.30 PM	Jessica WARD	
		Wednesday	3.30 – 4.30 PM	Jessica WARD	
		Thursday	4.30 – 5.30PM	Jessica WARD	
		Friday	3.30 – 4.30PM	Jessica Ward	
		Saturday	9.30 –10.30 PM	Jessica WARD	
GYM SKILLS	9 and over	Monday	4.30 – 6.00 PM	David CAPILL	Gymnastics for children who have progressed through Gym Fun classes or the older beginner children. Similar to the above programs with more emphasis on skills from different Gym Disciplines
		Wednesday	4.30-6.00PM	David CAPILL	
DISPLAY squad	any	Wednesday	4.00 – 5.30PM	Brittany TROGI	Program design for participation, skill acquisition & Fun.
ADULT CLASS	16+	Monday	7.30 – 8:30 PM	David CAPILL	Program design for participation, Fitness and skills acquisition & Fun. No experience necessary.
		Tuesday	7.45 – 8.30PM	Silke HETHERINGTON	
		Thursday	7.45 – 8.30PM	Silke HETHERINGTON	
		Friday	7.30 – 8.30 PM	David CAPILL	