

2011 WAG SCHEDULE - Term 1

WAG – (Women Artistic Gymnastic – National Levels: working on Vault, Uneven Bars, Balance Beam and Floor)

Group / Level		Age	Day	Time	COACH	Type of class
INTRO 6-8yrs	INTRO A Level 1	6-8yrs	Friday	4.30 – 6.00 PM	Jessica WARD	Same as below but working Level 1 and fundamental skills. Participate in Term events and Club Championship
INTRO 8+yrs	INTRO B Level 2	8 +over	Friday	6.00 – 7.30 PM	Jessica WARD	Working Level 2 and fundamental skills - Introductory classes for competitive gymnastics. Gymnasts may continue to work towards places in teams or move over to Non competitive groups. Participate in Term Events & Club cship
TEAM 7 L2		Tuesday	4.30 – 7.00 PM	Nicole Pelletier	Gymnasts who were in Intro A, working Level 2 skills. Compete Level 2 in all Inter-club events, including Club Ch'ship	
		Thursday	4.30 – 7.00 PM	Nicole Pelletier		
TEAM 6 L3		Tuesday	4.30 – 7.30 PM	Brittany Trogi	L 2 working for L 3. Gymnasts compete in all Inter-club and Regional events. Design for Gymnasts wishing to work less hours. May progress to Team 5	
		Thursday	4.30 – 7.30 PM	Brittany Trogi		
TEAM 5 L3		Tuesday	4.30 – 7.30 PM	Leigh MACLEOD	Level 3 working for Level 4. Gymnasts compete in all Inter-club and Regional events. Gymnasts from this group continue to progress to competitive Teams 1-4	
		Thursday	4.30 – 7.30 PM	Leigh MACLEOD		
		Saturday	9.30AM-12.30PM	Leigh MACLEOD		
TEAM 4 L4		Monday	3.30 – 7.30PM	Brittany Trogi	Working for Level 4 . Gymnasts compete in all Inter-club and Regional events. Gymnasts from this group continue to progress to competitive Teams 1-2-3	
		Wednesday	3.30 – 7.30PM	Brittany Trogi		
		Saturday	10.30AM-2.30PM	Brittany Trogi		
TEAM 3 L4		Monday	3.30 – 7.30PM	Nicole Pelletier	Level 4 working for Level 4 / 5. Gymnasts compete in all Inter-club and Regional events. Gymnasts from this group continue to progress to competitive Teams 1-2	
		Wednesday	3.30 – 7.30PM	Nicole Pelletier		
		Friday	4.00 – 7.30PM	Nicole Pelletier		
		Saturday	10:30AM – 1.30PM	Nicole Pelletier		
TEAM 2 L5		Monday	3.30 – 7.30PM	Anna TURETSCHK	Level 4/ 5 working for Level 5 / 6. Gymnasts compete in all Inter-club, Regional and State events. Gymnasts from this group continue to progress to competitive Team 1	
		Wednesday	3.30 – 7.30PM	Anna TURETSCHK		
		Friday	3.30 – 7.30PM	Anna TURETSCHK		

		Saturday	10.30AM-1.30 PM	Anna TURETSCHKEK	
TEAM 1 LEVEL 6 – 10		Monday	3.30 – 7.30PM	David CAPILL	Level 5 / 6 working for Level 6 and higher levels. Gymnasts compete in all Inter-club, Regional and State events, including Trials for State Teams. Gymnasts in this group are expected to continue up to Level 10
		Wednesday	3.30 – 7.30PM	David CAPILL	
		Friday	3.30 – 7.30PM	David CAPILL	
		Saturday	10.30AM-2.30 PM	David CAPILL	