

KINDERGYM

A movement program for children under 5. Introduces basic skills and strength building activities where interaction between you and your child is a key component.



GENERAL GYM

A program designed for children of all abilities. It is a developmental program which starts out with fundamental gymnastic skills and goes on to more specific gymnastic skills/elements.

Junior Groovers
Prep

Mighty Groovers
Year 1

GIRLS STEPS

Inclusive pathway for all ages and abilities allowing you to advance through our progressive syllabus at your own pace.

Girls Step 1
1.5hrs

Girls Step 2
Level 1 ALP (2hrs)

Girls Step 3
Level 2 ALP (2 x 2hrs)

Girls Step 4
Level 3 ALP (3 x 2hrs)

BOYS STEPS

Inclusive pathway for all ages and abilities allowing you to advance through our progressive syllabus at your own pace.

Boys Step 1
1.5hrs

Boys Step 2
Level 1 ALP (1.5hrs)

Boys Step 3
Level 2 ALP (2 x 2hrs)

Boys Step 4
Level 3 ALP (3 x 1.5hrs)

RHYTHMIC COMPETITION

A perfect discipline to develop co-ordination, body awareness and flexibility utilising hand-held apparatus - ribbon, rope, ball, clubs and hoop.

Level 0
1hr

Level 1
2hrs

Level 2
2 x 2hrs

Level 3
2 x 2.5hrs

Level 4+
2 x 3hrs

ACROBATICS COMPETITION

A gymnastic discipline enhancing children's balance, coordination and agility, while working within teams of 2-4 participants

Group A
Stage 1 (6hrs)

Group B
Level 2 (7hrs)

Group C
Stage 3+ (12hrs)

WOMEN'S ARTISTIC COMP TEAMS

Competition Team - Ability based competitive skill development including the National Levels 3-10 and above. This program has classes for competitive Womens Artistic Gymnastics, with competition available at Regional, State and National level.

WAG Team 4
Level 3 (9 hrs)

WAG Team 3
Level 4 (10.5hrs)

WAG Team 2
Level 5 (14.5 hrs)

WAG Team 1
Level 6+ (17.5 hrs)

MEN'S ARTISTIC COMP TEAMS

Competition Team - Ability based competitive skill development including the National Levels 3-10 and above. This program has classes for competitive Mens Artistic Gymnastics, with competition available at Regional, State and National level.

MAG Team 3
Level 3 (9hrs)

MAG Team 2
Level 4+ (17.5hrs)

MAG Team 1
Level 6+ (17.5hrs)

GYM FOR ALL

Gym Sports are a wonderful life-long fitness and gymnastics opportunity for all ages and abilities.

Tumbling

Adult/Masters
16yrs +

Fitter for Life
50yrs +

Team Gym
New Class TBA

Ninja Flight Zone
New Class TBA