

Schedule – Term 2 (09 April to 02 June, 2012)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00 AM						BG
10.00 AM	PlayGym (10am To 12pm)	T.E.L.C. (10.30-11.30am)	PlayGym (10am To 12pm)	High Focus (11.30am – 12.30pm)	PlayGym (10am To 12pm)	KG / BG
11.00 AM		High Focus (11.30am – 12.30pm)				BG
12.00 PM						AR (11am -1pm)
1.00 PM						
2.00 PM	PAL (1.30pm to 3.30pm)					KG / BG (2pm- 3pm)
3.00 PM		WG / KG	WG / KG	WG / KG	WG / KG	DV (2-4pm) BG (3-4pm)
4.00 PM	KG / BG	KG / BG	KG / BG	BG	BG	High Focus (4.15pm- 5.15pm)
5.00 PM	Junior & Senior Team (Girls) (5pm to 8pm)	BG (5pm - 6pm)	B2 (5pm –6pm) AR(Girls) (5pm - 7pm) Junior & Senior Team (Girls) (5pm to 8pm)	BG2 (5pm –6pm)	BG2 (5pm –6pm)	Private Class (5.15pm – 6.15pm)
6.00 PM		DV (Girls) (5pm - 7pm) Junior & Senior Team (Boys) (5pm to 7pm)		DV (Girls) (5pm to 7pm) Junior & Senior Team (Boys) (5pm to 7pm)	AR(Girls) (5pm - 7pm) Junior & Senior Team (Girls) (5pm to 8pm)	
7.00 PM		Adult Gym (7 – 8.30pm)		Adult Gym (7 – 8.30pm)		
8.00 PM						

*****Saturdays (6.30pm onwards) and Sundays are reserved for Birthday Parties and Special Events.**

WG	WaddlerGym	2 to 3 years old. Children learn to follow directions, work together in a group setting and participate in activities to promote motor skills. Introduction to basic movement patterns in gymnastics.
KG	KinderGym	3 to 5 years old. Enhancement of motor skills and introduction to basic gymnastic skills.
BG	Beginner (6 – 10 years) ** BG2 (10-12 years)	For 6 years to 10 years old. Enhancement of motor skills and introduction to gymnastics skills for older-age beginners (to gymnastics). Advance group will focus on learning more gymnastic skills and conditioning exercises for strength and flexibility.
AR**	Advance Recreational	Non competitive level but still learning more advance gymnastic skills. Sessions include exercises for core strengthening and flexibility.
DV**	Developmental	Focus on honing of gymnastic skills and exercises for strength and flexibility. Preparation for Junior Team.
JT**	Junior Team	Competitive Team – MAG & WAG Levels 1 to 2
ST**	Senior Team	Competitive Team – MAG & WAG Levels 3 to 5
	PlayGym	A non-structured session for young children. Each child must be accompanied by an adult. Fee applicable for children age 12months and above.

All gymnastic classes are based on individual level of ability and not age. The class breakdown of ages is simply a guideline to help structure our program. You may see younger children in classes for older children, and vice-versa. The main objective is for each and every child to enjoy themselves and to progress at their own rate of ability.