

Kindergym	Monday	Tuesday	Wednesday	Thursday	Friday
KINDERGYM (0-3 years)	10.00am – 10.45am	10.00am – 10.45am	10.00am – 10.45am	10.00am – 10.45am	9.30am – 10.15am
JOEYGYM (3-4yrs)	11.00am – 11.45am	11.00am – 11.45am	11.00am – 11.45am		9.30am – 10.15am
GYMSKILLS (4-5yrs – off to big school next year)	12.00pm – 12.45pm		12.00pm – 12.45pm	12.00pm – 12.45pm	10.30am – 11.15am 11:30am – 12:15pm

Recreational	Monday	Tuesday	Wednesday	Thursday	Friday
GYM FUN (5-7 years)		4.00pm – 5.00pm	4.00pm – 5.00pm	4.00pm – 5.00pm	
RAINBOW (pre-level 1)		4.00pm - 5.00pm		4.00pm – 5.00pm	
COMETS (8-11YEARS)	5.00pm – 6.30pm			5.00pm – 6.30pm	
SENIOR GIRLS (12 YEARS +)	5.00pm – 7.00pm				
TRAMP & TUMBLING - Beginners		5.00pm – 6.00pm			
TRAMP & TUMBLING – Intermediate	5.00pm – 6.00pm	6.00pm – 7.30pm		5.00pm – 6.00pm	6.00pm – 7.30pm
RECREATION BOYS				4.00pm – 5.00pm	

Parkour	Monday	Tuesday	Wednesday	Thursday	Friday
PARKOUR - Beginners		4.00pm – 5.00pm	4.00pm – 5.00pm		4.00pm – 5.00pm
PARKOUR - Intermediate	4.00pm – 5.00pm		6.00pm – 7.00pm	4.00pm – 5.00pm	5.00pm – 6.00pm
PARKOUR -Seniors		7.30pm – 9.00pm			

Girl's competitive	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEVEL 1 LEVEL 1 Girls	4.00pm – 5.30pm		4.00pm – 5.30pm			
LEVEL 2 Girls	4.00pm – 6.00pm		4.00pm – 6.00pm			
LEVEL 3 Girls	4.00pm – 6.00pm			4.00pm – 6.00pm		
LEVEL 4 Girls	4.00pm – 7.00pm			4.00pm – 7.00pm		
LEVEL 5 Girls		3.30pm – 6.30pm		3.30pm – 6.30pm	3.30pm – 6.30pm	9.00pm – 11.00pm
LEVEL 6 Girls		3.30pm – 6.30pm		3.30pm – 6.30pm	3.30pm – 6.30pm	9.00pm – 11.00pm
LEVEL 7 Girls		3.30pm – 6.30pm		3.30pm – 6.30pm	3.30pm – 6.30pm	9.00pm – 11.00pm

Acrobatics	Monday	Tuesday	Wednesday	Thursday
	4.00pm – 6.00pm		4.00pm – 6.00pm	

Rhythmic	Monday	Tuesday	Wednesday	Thursday
			5.00pm – 7.00pm	

COVID-19 Safe Information for 2020

Help us keep your kids and our staff safe by following:

- When entering our facility your child's temperature will be taken
- Gymnasts must have clean hands and use the hand sanitiser provided at the gym entrance
- Parent's are asked to fill out and sign the 'COVID-19 indoor classes waiver' if they have not already
- IF YOUR CHILD IS UNWELL PLEASE CONTACT US AND KEEP THEM AT HOME!
- Clean clothes must be worn to gym – no school uniforms
- Please refrain from bringing school bags
- All gymnasts are encouraged to wear clean socks during class
- All water bottles must be labelled – no sharing is permitted
- No food is permitted in the gym
- Children must be reminded regarding social distancing 1.5 metres apart by parents & staff
- We kindly ask that parents who are dropping their children to afternoon classes do not enter the premises unless necessary – this does not include Kindergym parents.
- We ask that all fees be paid 2 weeks in advance via internet transfer of funds.
- Coaches will walk children to meet parents at the gate at the end of their class