

## WHY Gymnastics?

We believe that gymnastics is among the best **PHYSICAL EDUCATION** a person can receive.

Gymnastics participation offers a **package of benefits** that enriches and physically educates participant's lives in ways that are difficult to achieve through most other activities and sports (Dr. W. Sands, 2013):

- Best fundamental motor patterns,
- Best flexibility development
- Best strength and postural control,
- Enhanced balance,
- Enhanced anaerobic endurance,
- The best long-term bone forming and strengthening advantages,
- Enhanced academic readiness
- Enhanced task-mastery
- Enhanced skill focus
- Enhanced goal setting abilities.

We believe that gymnastics is the foundation for all human movement, and by extension, for other sports.

Gymnastics provides every person with the **PHYSICAL LITERACY** for life.

## Our PROGRAMS

Students of any age & gender can experience a seamless pathway of gymnastics development across **FOUR** programs:

**KinderGym:** A movement education program for toddlers, infants and preps. Children attend with a participating parent up to 3-4 years of age. Skill learning is experiential, age-based and developmental.

**Non-competitive STEPs Classes:** Seven STEPS of non-competitive skill learning and incredible fitness development.

**Competitive TEAMS:** Ability based competitive skill development including the National Levels 3-10 and above. This program has classes for competitive Women's Artistic Gymnastics.

**Cross-sport and Life-long Fitness:** Tumbling, Adult Gymnastics, Gym Fit Girls/Boys and Team Gym.

## Kids Are Jumping, Twirling and Flipping for parties at the Y

Treat your child to the best Birthday party in town without having to worry about keeping kids entertained, making a cake or cleaning up afterwards! Our qualified and fully trained staff will entertain your child's guests with games and fun in the soft-fall areas of our gymnastics stadium

## YMCA Victoria Point



## Term 2, 2018 Timetable

### Bookings are essential

- Term 2 classes: Commence on Monday 16<sup>th</sup> April – Saturday 30<sup>th</sup> June 2018 (10weeks).
- Term 2 competitive classes: Commences on Tuesday 3<sup>rd</sup> April – Saturday 30<sup>th</sup> June (12weeks)
- Each class has a limited number of spaces and pre-booking, pre-payment is essential to secure your child's position
- An annual registration fee of \$60 per student applies for Gymnastics Queensland Affiliation. Registration is valid until Dec 31, 2018.
- An equipment levy is applicable per term per student. \$10 per noncompetitive student and \$12 per Competitive Student
- Classes are subject to change at YMCA discretion. We offer 1 x make up class per student per term for any missed lessons. Bookings for make-up lessons must be made at the Programs Reception
- Fees are due in full at the time of booking. **Refunds do not apply.**



YMCA Victoria Point

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### KinderGym Program: 1 lesson per week

CLASS	FEES	MON	TUES	WED	THUR	FRI	SAT
Gym Play	\$7/wk			10:00-11:00am		10:00-11:00am	
Gym Tots	\$115	10:00-10:45am	10:00-10:45am		10:00-10:45am		7:45-8:30am
Gym Kids	\$115	10:00-10:45am 10:45-11:30am	10:00-10:45am		10:45-11:30am	11:15-12:00pm	7:45-8:30am
Gym Tumblers	\$153	11:30-12:30pm	10:45-11:45am		11:30-12:30pm	12:00pm-1:00pm	8:30-9:30am

CLASS	FEES	MON	TUES	WED	THUR	FRI	SAT
<b>STEP 1</b> 1 hour/week	\$153	3.30-4.30pm	3.30-4.30pm 4:30-5:30pm	3.30-4.30pm	4:30-5:30pm	3.30-4.30pm	8:30-9:30am 9:30-10:30am 10:30-11:30am
<b>STEP 2</b> 1 hour/week	\$153	3.30-4.30pm	3.30-4.30pm 4:30-5:30pm	3.30-4.30pm	3.30-4:30pm	3.30-4.30pm	8:30-9:30am 9:30-10:30am 10:30-11:30am
<b>STEP 3</b> 1.5 hours/week	\$207	3.30-5.00pm	3.30-5.00pm	3.30-5.00pm 4:00-5:30pm	3:30 – 5:00pm	3.30-5.00pm	9.30-11.00am 10:00-11:30am
<b>STEP 4</b> 2 hours/ week	\$246	3.30-5.30pm	3.30-5.30pm	3.30-5.30pm	3.30-5.30pm	3.30-5.30pm	9.30-11.30am
<b>STEP 4 BOYS</b> 2 hours/ week	\$246		3.30-5:30pm				
<b>STEP 5 GIRLS</b> 2 x 2 hours/ week	\$420	5:30-7:30pm			5:30-7:30pm		
<b>STEP 5 GIRLS</b> 2 x 2 hours/ week	\$400	3:30-5:30pm		3:30-5:30pm			
<b>STEP 5 GIRLS</b> 2 x 2 hours/ week	\$440		3.30-5.30pm			3.30-5.30pm	
<b>STEP 5 GIRLS</b> 2 x 2 hours/ week	\$400			4:30-6:30pm			9.30– 11.30am
<b>STEP 6 GIRLS</b> 2 x 2 hours/ week	\$440		5.00 –7.00pm		5.00 –7.00pm		
<b>STEP 6 GIRLS</b> 2 x 2 hours/ week	\$420			3:30– 5:30pm		3:30– 5:30pm	
<b>STEP 7 GIRLS</b> 2 x 2.5 hours/ week	\$462			5:00-7:30pm		5:00-7:30pm	

### STEPS Program

### Competitive TEAM Classes: Women's Artistic Gymnastics

CLASS	Hrs P/W	FEES	MON	TUES	WED	THUR	FRI	SAT
<b>WAG 3</b> <b>9 Over TEAM</b>	7	\$514.80	3:30-5:30pm			4:30-6:30pm		11.30-2.30pm
<b>WAG 4 TEAM</b> 14 weeks	12	\$832.50	3:30-6:30pm		3:30-6:30pm		4.30 –7.30pm	11.30-2.30pm
<b>WAG 5 TEAM</b> 14 weeks	15	\$1048.95	4.30–7.30pm	4.30–7.30pm	4.30–7.30pm		4.30 –7.30pm	11.30-2.30pm
<b>WAG 6 TEAM</b> 14 weeks	18	\$1155.60	4:30-8:00pm	4:30-8:00pm	4:30-8:00pm		4:30-8:00pm	11.30-3.30pm
<b>WAG 7 TEAM</b> 14 weeks	20.5	\$1390.50	6:30-8:00am 4.00-7:30pm	4.00-8.00pm	4.00-8.00pm		4.00-7:30pm	7:30-11:30am
<b>WAG 8-10 TEAM</b> 14 weeks	22	\$1495.80	6:30-8:00am 4.00-7:30pm	4.00-8.00pm	4.00-8.00pm		6:30-8:00am 4.00-7:30pm	7:30-11:30am

### Cross-sport and Adult Gymnastic Fitness Classes

CLASS	FEES	MON	TUES	WED	THUR	FRI	SAT
<b>Team Gym</b>	\$246			5.30 –7.30pm			
<b>Tumbling 1</b>	\$153				3:30-4:30pm		
<b>Tumbling 2</b>	\$153				4:30-5:30pm		
<b>Tumbling 3</b>	\$207				5:30-7:00pm		
<b>Gym Fit Girls</b>	\$184.50	5:30-7:00pm Intermediate		5:30-7:00pm Novice		5:00-6:30pm	
<b>Gym Fit Boys</b>	\$184.50		5:30-7:00pm				
<b>Adult Gym</b>	\$153				7:00-8:00pm		
<b>Adult Gym Strength</b>		7:30-8:30pm					

