

SXL Gymnastics 2020 COVID19 Return to Class Timetable

2020 RECREATIONAL

GENERAL GYMNASTICS (recreational learning and development) classes for all ages
& KINDY gymnastics (for pre-schoolers)these classes are open to all students (subject to age & class limits)

| CLASS | TIME | AGE | CLASS FEE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--------|----------------|-----------|--------|---------|-----------|----------|-----------|-----------------|
| KINDY GYM | 45mins | (3.5yrs-5yrs) | \$22.00 | X | 10 | X | X | 10 & 11am | X |
| PINK | 1 hour | (4.5 - 6.5yrs) | \$25.00 | X | 3.30pm | 4.00pm | 4.00pm | X | 9, 10:15 & 12pm |
| MAROON | 1 hour | (6.5 - 8.5yrs) | \$25.00 | 4.30pm | 4.30pm | 4.30pm | 5.00pm | X | 9, 10:15 & 12pm |
| NAVY | 90mins | (8.5yrs-plus) | \$32.00 | 5.30pm | X | X | 5.30pm | X | 10.30-12pm |
| ADULT | 1 hour | | \$25.00 | X | X | X | X | X | X |

WAG (Womens Artistic Gymnastics) classes - beam, vault, bars and floor (assessment required)

| CLASS | TIME | AGE | CLASS FEE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|--------|--------------|-----------|--------|---------|-----------|----------|--------|--------------|
| Development JNR | 1 hour | (7yrs-9yrs) | \$25.00 | | | | | | 12:00-1.00pm |
| Development SNR | 1 hour | (9yrs-14yrs) | \$25.00 | | | | | | 12:00-1.00pm |

Parkour/Ninjanastics - fast & physical.....mix of street gymnastics, martial arts movements & free-running stunt movements

| CLASS | TIME | AGE | CLASS FEE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|---------|---------------|-----------|--------|---------|-----------|----------|--------|----------|
| NINJANASTICS | 1 hour | (5yrs-8yrs) | \$25.00 | | 3.45pm | | | | 1.00pm |
| PARKOUR | 1 hour | (9yrs-11yrs) | \$25.00 | | | | | | 2.00pm |
| PARKOUR | 1 hour | 12yrs - plus) | \$25.00 | | | | | | 3.00pm |
| COMPETITION | 2 hours | invitation | \$39.00 | | | | | | 3.00pm |

2020 COMPETITION

GYMNASTICS LEVELS classes (focused classes for advanced students)

.....by invitation only, based on term assessments in recreational classes

| CLASS | TIME | AGE | CLASS FEE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|--------------|--------|----------------|-----------|-------------|-------------|-------------|-------------|----------|
| PRE-LEVELS | 90mins | | \$32.00 | | | 5.30-7.00pm | | |
| LEVELS CLASS | 90mins | | \$32.00 | | 6.30-8.00pm | | 6.30-8.00pm | |
| LEVELS SQD | 90mins | 2 classes wkly | 50/week | 6.30-8.00pm | | 6.30-8.00pm | | |

WAG (Womens Artistic Gymnastics) Squads - beam, vault, bars and floor

for advanced students (as part of a WAG Levels 1 - 6 program)

(assessment required)

| CLASS | TIME | AGE | CLASS FEE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---------------|---------|----------------|-----------|-------------|---------|-------------|----------|----------|
| Level 1 Squad | 2 hours | | \$39.00 | 5:00-7:00pm | | | | |
| Level 2 Squad | 4 hours | 2 classes p/wk | | 5:00-7:00pm | | 4:00-6:00pm | | |
| Level 3 Squad | 6 hours | 2 classes p/wk | | | X | 5:00-8:00pm | X | 9-12pm |
| Level 4 Squad | 6 hours | 2 classes p/wk | | | X | 5:00-8:00pm | X | 9-12pm |

ACROBATIC GYMNASTICS Competition Squads

for advanced students competing in State/National Levels 2 - 10 & International Stream

| CLASS | TIME | AGE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SUNDAY |
|-------------------|---------|----------------|-------------|--------------|--------------|-------------|--------------|-------------|
| DEVELOPMENT JNR | 2 hours | | 4.00-5.30pm | | | | | |
| DEVELOPMEN INT | 4.5hrs | 2 classes p/wk | 4.30-6.30pm | | 4.00-6.30pmD | | | |
| DEVELOPMENT SNR | 4.5hrs | 2 classes p/wk | 6.00-8.00pm | | 5.30-8.00pmD | | | |
| STATE SQUAD | 8.5hrs | 3 classes p/wk | | 4.30-6.30pm | | | 4.30-7.00pmD | 9.00-1.00pm |
| NATIONAL SQUAD | 10.5hrs | 3 classes p/wk | | 4.30-8.00pmB | | | 5.00-8.00pm | 1.30-5.30pm |
| INTERNATIONAL SQD | 13.5hrs | 4 classes p/wk | | 4.30-8.00pmB | | 5.00-8.00pm | 5.00-8.00pm | 1.30-5.30pm |