

## CLASS DESCRIPTIONS

### GYM FOR ALL (GFA)

Designed for all levels of ability or just having fun, GFA is about developing Fundamental Movement Skills which form the basis of all sports by providing children with a solid foundation of strength and skill. It helps children develop co-ordination and gain confidence.

### EXCEL ARTISTIC GYMNASTICS

For those that show promise and skills necessary to be competition Gymnast. This is often a progression from Recreational classes and offers specialised coaching that prepares the gymnast for the competitive environment. (This class is invite only)

### ADVANCED GFA GYMNASTICS

This is an advanced programme that further progresses new skills and combines new combinations of moves into routines.

### COMPETITIVE GYM

Competitive Gym is for Male and Female Gymnasts who compete regionally and nationally against other clubs from around the country following the New Zealand national Programme.

### TINY TOTS

A fun packed programme designed for children aged 2– 5yrs. These classes focus on learning the Fundamental Movement Skills which form the basis of all sports in an energetic environment.

### TUMBLING

Gymnasts perform multiple somersaults and twists, down a 25m straight track, showing control, skill and maintenance of tempo.

### NINJA GYM

Is a training discipline using movement developed from military obstacle course training. Parkour includes running, climbing, swinging, vaulting, jumping and rolling.

## WEEKLY GFA SCHEDULE 2025



DAY	TIME	CLASS	AGES
MON	10.30-11.30 AM	TINY TOTS/ PRE SCHOOL	Ages 2 -5 \$10
TUE	3.45-4.30 PM	BEGINNER GFA GYMNASTICS	Ages 4—6
	4.30-5.30 PM	JUNIOR GFA GYMNASTICS	Ages 4 – 7
	5.30-6.30 PM	SENIOR GFA GYMNASTICS	Ages 8 +
	6.30-7.30 PM	ADVANCED GFA GYMNASTICS	Ages 9+
WED	3.45-4.30 PM	JUNIOR GFA GYMNASTICS	Ages 4 —7
	4.30-5.30 PM	JUNIOR TUMBLING & GYMNASTICS SKILLS	Ages 6 +
	5:30-6:30 PM	GFA GYMNASTICS & TRAMPOLINE	Ages 5-8
	6.30-7.30 PM	ACRO/TUMBLE	Ages 8—14
	6.30-7.30 PM	OPEN GYM CLASS	Ages 13+ \$10
THUR	4.00-5.30 PM	EXCEL ARTISTIC GYMNASTICS	Ages 5+
	5.30-6.30 PM	GFA GYMNASTICS	Ages 5-8
	6.30-7.30 PM	ADVANCED GYMNASTICS	Ages 10 +
FRI	10.30-11.30 AM	TINY TOTS/ PRE SCHOOL	Ages 2 -5 \$10
	3.45-4.30 PM	BEGINNER GFA GYMNASTICS	Ages 4—6
	4.30-5.30 PM	JUNIOR NINJA STARS	Ages 6 +
	5.30-6.30 PM	JUNIOR GFA GYMNASTICS	Ages 4 –7
	5:30-7:00 PM	SENIOR NINJA	Ages 9 +
	6.30-7.30 PM	SENIOR GFA GYMNASTICS	Ages 8+
SAT	9.00-10 AM	JUNIOR GFA GYMNASTICS	Ages 4 –7
	10.00-11 AM	SENIOR GFA GYMNASTICS	Ages 8 +