

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.

PRE COMP ARTISTIC

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.

AEROBICS

Sport Aerobics is a sport based on the ability to perform continuously complex and high intensity movement patterns to music, which originate from traditional aerobic dance.

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.

PARKOUR

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

WEEKLY GFA SCHEDULE 2020



DAY	TIME	CLASS	AGES
MON	10.00-11 AM	TINY TOTS/ PRE SCHOOL	Ages 2 -5 \$8
	11.00-12 PM	TINY TOTS/PRE SCHOOL	Ages 2 -5 \$8
TUE	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	SENIOR GFA TUMBLING	Ages 10+
WED	3.45-4.30 PM	JUNIOR GFA GYMNASTICS	Ages 4—7
	4.30-5.30 PM	JUNIOR GFA TUMBLING	Ages 6 –9
	5.30-6.30 PM	SENIOR PARKOUR	Ages 11+
	6.30-7.30 PM	SENIOR GFA TUMBLING	Ages 10+
	7.30-8.30 PM	OPEN GYM & ADULT CLASS TRAINING	Ages 13+ \$10
THUR	4.00-5.30 PM	PRE COMP ARTISTIC	Ages 5+
	5.30-6.30 PM	ADVANCE GFA GYMNASTICS	Ages 7+
	6.30-7.30 PM	INTERMEDIATE PARKOUR	Ages 9 +
	7.30-8.30 PM	TEAM GYM	Ages 10 +
FRI	10.00-11 AM	TINY TOTS/ PRE SCHOOL	Ages 2 -5 \$8
	11.00-12 PM	TINY TOTS/PRE SCHOOL	Ages 2 -5 \$8
	4.30-5.30 PM	JUNIOR PARKOUR	Ages 6 +
	5.30-6.30 PM	JUNIOR GFA GYMNASTICS	Ages 4 –7
	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 6 –9