

Darwin Gymnastic Club

Timetable - Term 1 2023

Recreational Classes

Term 1 30th January- 8th April 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kindergym: 1-5years (with carer)		9.00-9.45	9.00-9.45	10.00-10.45		8.45-9.30 9.45-10.30 10.45-11.30
Tumblers 4.5-5 years (by invite from come and try or kindergym)	3.30-4.30	3.30-4.30	3.30-4.30	3.30-4.30		8.45-9.30
Tumblers: 5-8 years	3.30-4.30 4.00-5.00 4.30-5.30	3.30-4.30 4.30-5.30 5.30-6.30	3.30-4.30 4.30-5.30	3.30-4.30 4.30-5.30	3.30-4.30	9.00-10.00 10.00-11.00 11.00-12.00
Girls Only: 9+ years	6.30-7.30	6.30-7.30	5.30-6.30		5.00-6.00	11.00-12.00 12.00-1.00
Teens: 11+ Years			6.00-7.30			
Boys Gym Green: Steps 1-3 2 sessions preferred	4.00-5.00	3.30-4.30	5.00-6.00	3.30-4.30		12.00-1.00
Free G: 9+ years		6.00-7.00				
Free G: 6+ years				5.30-6.30		2.00-3.00
Team Gym Stars: 7+ years		4.30-6.00				
GFA: Spring	6.30-7.30					
Handstand & Mobility (HM)- all ages	6.30-7.30					
Adults-Skills: Term 1a- 31 st January Term 1b- 7 th March		7.30-8.30	7.30-8.30			
Adults-Strength: Term 1a- 31 st January Term 1b- 7 th March				6.30-7.30		

ALP & Club Competitive Squads- The classes below are by invite only-

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumble Pro + 1 Strength			6.00-7.30		5.30-7.00	
Handstand & Mobility (HM)	6.30-7.30					
Team Gym Dynamic + 1 Strength					3.30-5.30	

Men's Artistic Gymnastics (MAG)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAG Orange + 1 Strength		3.30-5.00	6.00-7.30		5.00-7.00	2.00-5.30
Boys Gym Yellow Steps 4-8 + 1 strength		3.30-5.00				2.00-3.30

Women's Artistic Gymnastics (MAG)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WAG Violet + 1 Strength 9hrs	3.30-6.30			4.30-7.30		3.30-5.30
WAG Rose + 1 Strength 8.5hrs		5.00-7.30		5.00-7.30		3.30-5.30
WAG Pink + 1 strength 4hrs			4.30-6.00			2.00-3.30
WAG Aqua +1 strength 4hrs	5.00-6.30					2.00-3.30
WAG Navy +1 strength 4hrs		5.00-6.30		5.00-6.30		
WAG Purple +1 strength 2.5hrs	5.00-6.30					
WAG Red +1 strength 2.5hrs					3.30-5.00	
WAG Green			3.30-5.00			
WAG Indigo						11.30-1.00

Strength Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4.30-5.30 5.30-6.30	5.00-6.00	3.30-4.30 4.30-5.30	3.30-4.30		3.30-4.30

Strength sessions are included in the timetable- Additional or alternate sessions may be an option-please email the club if you would like to request.