

# Darwin Gymnastic Club

## Timetable - Term 3 2024

### Recreational Classes

Term 2 15<sup>th</sup> July– 22<sup>nd</sup> September 2024

	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		
Tumblers: 5-8 years	3.30-4.30 4.30-5.30	3.30-4.30 4.30-5.30	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 1.00-2.00
Girls Only: 9+ years	6.30-7.30	6.30-7.30	5.30-6.30	6.30-7.30		11.00-12.00 1.00-2.00
Girls Only: 11+ Years			6.00-7.00			
Boys Gym Green: Steps 1-3 2 sessions preferred	3.30-4.30	3.30-4.30				1.00-2.00
Free G Green: Steps 1-2		4.30-5.30		5.30-6.30		1.00-2.00
Free G Yellow: Steps 3-4		5.30-6.30				2.00-3.00
Team Gym: 7+ years			4.30-6.00			
GFA: Spring 7+	5.30-6.30					
Adults-Skills: 16yrs+ Term 3A- 15 <sup>th</sup> July Term 3B- 19 <sup>th</sup> August	6.30-7.30	7.30-8.30	6.00-7.00 7.30-8.30			

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumble Pro + 1 Strength			5.45-7.15		5.00-6.30	
Handstand & Mobility (HM)						2.00-3.00

Men's Artistic Gymnastics (MAG)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAG Routines	3.30-5.30					
Boys Gym Yellow: Steps 4-8 + 1 strength		3.30-5.00		4.00-5.30		4.00-5.30

Women's Artistic Gymnastics (WAG)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WAG Teal	5.00-7.30			4.00-7.30 *Includes strength		2.00-5.30
WAG Emerald		5.00-7.30		5.00-7.30		2.00-4.00 *Includes strength
WAG Sapphire + 1 strength		5.00-7.00		5.00-7.00		
WAG Scarlet +1 Strength			4.30-6.00		4.30-6.30	
WAG Ruby +1 strength	4.00-5.30				3.30-5.00	
WAG Aqua +1 strength						2.00-3.30

Strength Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Compulsory for all squads including Boys Yellow	4.30-5.30 5.30-6.30	5.30-6.30	3.30-4.30	4.00-5.00		2.00-3.00 3.00-4.00 3.30-4.30

+1 Strength = nominate the session that suits you- there are class size limits so it will be in first come basis