

## Darwin Gymnastic Club: Timetable - Term 1 2025 (27<sup>th</sup> January – 6<sup>th</sup> April)

### Recreational Classes – Bookings via website @ darwingym.com

	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	4.00-5.00	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			6.30-7.30			
Team Gym: 7+ years			4.30-6.00			
GFA Spring: 7+ years	6.00-7.00					
Free G Green: 7+ years Steps 1-2		6.00-7.00				1.00-2.00
Free G Yellow: by invite Steps 3-4		5.30-6.30				
Boys Gym: 7+ years Green: Steps 1-3	3.30-4.30					1.00-2.00

Adults (16yrs +)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Term 1A- 27 <sup>th</sup> January Term 1B- 3 <sup>rd</sup> March	7.00-8.00	7.30-8.30	6.00-7.00 7.30-8.30			

### Step Classes – Step Classes with asterix \* - bookings are made by club

Step Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Girls Gym Green: Steps 1-3 *		3.30-5.00			5.00-6.30	
Girls Gym Yellow: Steps 3+ * + 1 strength	4.30-6.00		6.00-7.30			2.00-3.30
Boys Gym Green: Steps 1-3	3.30-4.30					1.00-2.00
Boys Gym Yellow: Steps 4-8 * + 1 strength *		3.30-5.00		4.00-5.30		4.00-5.30
Free G Green: Steps 1-2		6.00-7.00		5.30-6.30		1.00-2.00
Free G Yellow: Steps 3-4		5.30-6.30				

### Competitive Squads – all Squads & Physical Preparation class are booked by Club

Tumble (TUM)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumble + 1 Strength					5.00-6.30	

Men's Artistic Gymnastics (MAG)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAG Navy	3.30-5.30					

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 *Includes H&M
WAG Emerald	4.30-6.30 * Strength & H&M	5.00-7.30		5.00-7.30		
WAG Sapphire + 1 strength		5.00-7.30		5.00-7.30		
WAG Pink					3.30-5.30	

Physical Preparation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Conditioning	5.30-6.30	5.00-6.00	3.30-4.30	4.00-5.00 5.30-6.30		2.00-3.00 3.00-4.00
Handstand & Mobility (HM)	4.30-5.30					2.00-3.00

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