



Artistic Gymnastics –Gym Skills Select (Advanced)

The Gym Skills Select Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment.

The Gym Skills Select (Advanced) program has been developed for those students who wish to learn difficult acrobatic elements and tumbling, such as combination tumbling, somersaulting elements, twisting, walkovers and aerials. This class is suitable for dancers wishing to learn acrobatic elements. During the class, students are taught in a circuit-style focused on strength and flexibility, floor, vault and trampoline

Program Contact	Artistic Gymnastics Administration Team ag@pymblelc.nsw.edu.au
Head Coach	Mrs Catherine Howitt
Term/s	Terms 2 to 4
Years	Year 5 to 12
Days/Times	Wednesday 7.00am to 8.00am
Cost	Wednesdays \$658.00 (26 week program) Costs do not include holidays, school weeks only.
Minimum/Maximum	Min: 5 students Max: 10 students per instructor
Program Dates (Start/End) Wednesdays	Term 2: Wednesday 3 May to Wednesday 21 June Term 3: Wednesday 19 July to Wednesday 20 September Term 4: Wednesday 11 October to Wednesday 29 November
Training Schedule (2017)	Term 2 – Grading (within class time) Term 3 – Pymble Gymnastics Gala Day Term 4 – End of Year Display *Dates for the above events to be confirmed
Uniform	It is recommended that students wear a leotard, alternatively students may wear tightly fitted clothing (bike pants and singlet top – no t-shirts or baggy clothing) Black or Navy in colour. No bright colours.
Venues	Artistic Gymnasium – Lower level of PE Centre
Further Information	No previous gymnastics is necessary. Registration is for the full year period and includes membership, registration and insurance with Gymnastics NSW and Gymnastics Australia. Costs do not include holidays, school weeks only.