



Artistic Gymnastics – Intermediate Gym Skills

The Intermediate Gym Skills Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment. This is a non-competitive program that allows students to learn the fundamentals of gymnastics through the Gym Skills stages.

In the Intermediate Gym Skills program extensions of the skills achieved in the Prep and Junior Gym Skills programs are learned including basic floor tumbling such as cartwheels, round offs and walkovers. Students from this program will develop the fundamental skills required to move into either the Gym Skills Select or competitive program in the future.

Students are split into smaller groups based on ability and will progress through graded stages. During the class, students are taught in a circuit-style based around Vault, Trampoline, Uneven Bars, Beam and Floor.

Program Contact	Artistic Gymnastics Administration Team ag@pymblelc.nsw.edu.au
Head Coach	Mrs Catherine Howitt
Term/s	Terms 2 to 4
Years	Year 3 to 8
Days/Times	Monday 4.15pm to 6.15pm
Cost	Mondays \$610.00 (24 week program) Registration is for the full year. Costs do not include holidays, school weeks only.
Minimum/Maximum	Min: 5 students Max: 10 students per instructor
Program Dates (Start/End) Mondays	Term 2: Monday 1 May to Monday 19 June (no program Monday 12 June) Term 3: Monday 17 July to Monday 18 September Term 4: Monday 16 October to Monday 27 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.