



Artistic Gymnastics Junior Gym Skills - Extension

The Junior Gym Skills Extension program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment but are seeking to be challenged further and accelerate their skill development.


This is a non-competitive program that allows students to learn the fundamentals of gymnastics through the Gym Skills stages. This program will further develop the students' co-ordination, strength and flexibility on all four apparatus (vault, bars, beam and floor) in preparation for competitive levels, with the next step being the Foundation Levels program.

This program aims to provide all students with a range of gymnastics based shapes and skills including safe landings, forward and backward rolling, swinging, balancing, as well as developing handstands and cartwheels. Students from this program will develop the fundamental skills required to move into a 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 6
Days/Times	Tuesday 3.30pm to 5.30pm Thursday 3.30pm to 5.30pm
Cost	One day per week: \$875.00 (26 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) Tuesdays	Term 2: Tuesday 2 May to Tuesday 20 June Term 3: Tuesday 18 July to Tuesday 19 September Term 4: Tuesday 10 October to Tuesday 28 November
Program Dates (Start/End) Thursdays	Term 2: Thursday 4 May to Thursday 22 June Term 3: Thursday 20 July to Thursday 21 September Term 4: Thursday 12 October to Thursday 30 November
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.



	Leotard navy sleeveless gather front cotton lycra leotard from Bloch 
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.