



## Artistic Gymnastics Junior Gym Skills

The Junior Gym Skills Program (Year 3 to 6) 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.

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 continuing to develop handstands and cartwheels. Students from this program will develop the fundamental skills required to move into either the Intermediate Gym Skills program 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 <a href="mailto:ag@pymblelc.nsw.edu.au">ag@pymblelc.nsw.edu.au</a>
Head Coach	Mrs Catherine Howitt
Term/s	Terms 2 to 4
Years	Year 3 to 6
Days/Times	Friday 3.30pm to 4.30pm
Cost	Friday \$634.00 (25 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) Fridays	Term 2: Friday 5 May to Friday 23 June Term 3: Friday 21 July to Friday 15 September Term 4: Friday 13 October to Friday 1 December
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.  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.