



Artistic Gymnastics Prep Gym Skills Extension

The Preparatory 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 1 and 2
Days/Times	Monday 3.30pm to 5.30pm Wednesday 3.30pm to 5.30pm
Cost	Mondays: \$811.00 (24 week program) Wednesdays: \$843.00 (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) Mondays	Term 2: Monday 1 May to Monday 19 June Term 3: Monday 17 July to Monday 18 September Term 4: Monday 16 October to Monday 27 November (no classes – Monday 12 June)
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

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	*Dates for the above events to be confirmed
Uniform	<p>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.</p> <p>Leotard navy sleeveless gather front cotton lycra leotard from Bloch</p> 
Venues	Artistic Gymnasium – Lower level of PE Centre
Further Information	<p>No previous gymnastics is necessary.</p> <p>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.</p>