



# CLASS TIMETABLE TERM 3 2020

Starting Monday 13<sup>th</sup> July

1/9 Villiers Drive, Currumbin Qld 4223 | Angie 0421 322 322

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Adult Fit &amp; Fun Class</b>	9:15am - 9:45am					
<b>Babygym</b> (walking- 2.5yrs)					9:15am - 9:45am	
<b>Kindygym</b> (2.5yrs- 4.5yrs)		9:15am - 9:45am		9:15am - 9:45am		9:00am - 9:30am
<b>Kindycheer</b> (2.5yrs- 4.5yrs)			9:15am - 9:45am			
<b>Tiny Gym</b> (5-6yrs)	3:30pm - 4:30pm	3:30pm - 4:30pm	3:30pm - 4:30pm	3:30pm - 4:30pm	3:30pm - 4:30pm	9:30am - 10:30am
<b>Youth Gym</b> (7-12yrs)	3:30pm - 4:30pm	3.30pm - 4.30pm 4:30pm - 5:30pm	3:30pm - 4:30pm	3.30pm - 4.30pm 4:30pm - 5:30pm	3:30pm - 4:30pm	9:30am - 10:30am
<b>Junior Gym</b> (9-14yrs)	3:30pm - 4:30pm	5:30pm - 6:30pm	3:30pm - 4:30pm			
<b>Recreational Tumbling</b>		3:30pm - 4:30pm		3:30pm - 4:30pm		
<b>Boys Only (5-12yrs)</b>				3.30pm - 4.30pm 4:30pm - 5:30pm		
<b>Recreational CHEER</b> (all ages)	<b>ADULTS ONLY</b> 6.30pm -7.30pm	4:30pm - 5:30pm		4:30pm - 5:30pm		
<b>Adult Recreational Dance</b>	7:30pm - 8:30pm					
<b>Novice, AllStar &amp; Elite CHEER</b>	Multiple Competitive Teams & Levels, Times Vary- Please contact us for enquiries					
<b>Competitive HIP HOP</b>	Multiple Competitive Teams & Levels, Times Vary- Please contact us for enquiries					
<b>OPEN GYM</b> (Pay & Play)	Selected Saturdays 10:30am - 12:00pm (check our <a href="#">Instagram</a> & <a href="#">Facebook</a> for running dates)					

CLASS	DESCRIPTIONS
<b>Babygym</b> (walking- 2.5yrs)	Baby goes and Parent / Guardian follows. A fun class where your baby explores their abilities, climbing, jumping, running and crawling with a group song at the end of each lesson. Suitable for ages 18months – 2.5yrs.
<b>Kindygym</b> (2.5yrs- 4.5yrs)	Watch your child learn & develop awesome gymnastics skills & tricks in our structured Kindygym class. Suitable for ages 2.5 – 4.5yrs. Parent/Guardian assistance required.
<b>Kindycheer</b> (2.5yrs- 4.5yrs)	It's Pom-Pom fun at this class! Your child learns a fun Cheerleading routine with Poms-Poms and they show off their skills at our Club Displays Days throughout the year. Suitable for ages of 2.5 – 4.5yrs. Parent/Guardian supervision required.
<b>Tiny</b> (5-6yrs)	Using the beam, bars, vault, floor and trampolines, this gymnastics class is a perfect foundation for your child to develop new skills, strength, flexibility, balance and showmanship.
<b>Youth</b> (7-12yrs)	Your child further develops their gymnastics ability, learning the skills of a level 1 to 2 Gymnastics routine.
<b>Junior</b> (9-14yrs)	By now your child has developed basic gymnastics skills and will now begin to develop their skills at an intermediate to advanced level. You'll be amazed at what your child can achieve!
<b>Boys Only</b> (5-12yrs)	A recreational boy's only program that focuses on the fundamentals of general gymnastics. They also learn awesome tumbling skills & tricks. Suitable for ages 5-8yrs.
<b>Recreational Tumbling</b>	This tumbling class is at an intermediate level. It caters for recreational athletes that already have achieved solid foundations and are ready to progress towards back walkovers and back handsprings, including combination tumbling.
<b>Recreational CHEER</b> (5-12yrs)	This class caters for students new to cheer. It focus's on the important necessary foundations required to develop further in the sport. Athletes in this program will learn a routine, wear a training uniform & perform in 2 Club Displays.
<b>Novice CHEER</b>	Novice cheer caters for new cheerleaders ready to compete. The team training includes a choreographed routine of stunts, pyramids, jumps tumbling and dance that you compete against other Novice teams throughout the year.
<b>AllStar &amp; Elite CHEER</b>	Competitive Cheer requires a heavy commitment, with training 1-3 days per week. These teams train towards refining and improving upon a uniquely choreographed routine for competitions. Teams compete 3-6 times per year. Audition is required.
<b>Novice HIP HOP</b> (6 to 15 yrs)	This Novice Hip Hop team caters for newer dancers that are ready to commit to competitions throughout the year. Participants will progressively develop hip hop style dance moves throughout a choreographed routine.
<b>Adult Classes</b>	We offer a variety of fun adult classes at CGC. Our 'Adults Fit & Fun' class is a mix gymnastics, strength & tumbling. In our 'Rec Cheer class' you will learn cheerleading & tumbling skills and our 'Adults Recreational Dance' is a mix of dance genres.
<b>OPEN GYM</b> (Pay & Play)	Enjoy 1.5hrs of fun on CGC's equipment which includes- 9 run fully sprung floor, beam, bars, vault, tumbling track, mini tramp, Olympic sized trampoline & most popular the foam pit! This is not a structured class, session is supervised by coaches.