

**PLEASE NOTE:** Each active enrollment will continue for the entire year. Monthly charges will apply on the 1st day of each month calculating how many lessons are available during that month. If you do not wish to continue with the enrollment you must notify the front office or reception in writing with a one month notice.



## TEAM GYM Programme

What is Team Gym?

Team Gym is a GYMNSW participation program for all ages and abilities providing performance opportunities within a team environment for fun, fitness and friendship.

Team Gym competitions exhibit gymnastics skills in three disciplines; Floor, Tumbling and Single Mini Tramp. In each discipline the number of gymnasts is between 6 and 12. It is common for the performance to demonstrate effective teamwork, good technique in elements and spectacular acrobatic skills.

This program incorporates many different techniques used throughout gymnastics as well as some elements from other sports such as dance, cheer and acrobatics. In this program gymnasts will be expected to train on their nominated days per week, join in for performance competitions as a team and also purchase any needed uniforms.

### 2023 SCGA Recreational Operating Terms

| Term 1 –10 Week Term      | Term 2 –10 Week Term       | Term 3 – 10 Week Term       | Term 4 – 10 Week Term      |
|---------------------------|----------------------------|-----------------------------|----------------------------|
| Mon 30th Jan –Thu 6th Apr | Mon 24th Apr – Sat 1st Jul | Mon 17th Jul – Sat 23rd Sep | Mon 9th Oct – Sat 16th Dec |

### Weekly Class Timetable

| Monday                                 | Tuesday                            | Wednesday                              | Thursday | Friday |
|--|------------------------------------|--|----------|--------|
| Intermediate Team<br>4:30 pm – 6:30 pm | X                                  | Intermediate Team<br>4:30 pm – 6:30 pm | X        | X      |
| Advanced Team<br>6:30 pm – 7:30 pm     | Advanced Team<br>6:30 pm – 7:30 pm | X                                      | X        | X      |

(SCGA GFA Programs do not run during the school holidays or on public holidays)

### Term Fees and Charges:

12 month Annual Registration Fee - \$80 (Jan to Dec). Fee subsidized to \$65 for active and casual enrollments after July 1st

### 1<sup>st</sup> Class FREE TRIAL

Casual Enrollments - \$35 per session

Active Enrollment 2 hour class per week - \$30 per week calculated over a 1 month period.

Active Enrollment 2 x 2 hour classes per week - \$53 per week calculated over a 1 month period.



### Bookings:

Bookings are essential for all programs, please contact the reception on 42275722 to confirm your booking or further information on programs or pricing.

### Progression:

As your child's coordination, confidence, self-esteem and social-emotional development grow, they will be ready for the next exciting program "Performance Gymnastics or Adult Gymnastics".

