

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.



Intermediate FREE G

Free G or freestyle is a term used to describe a new and rapidly developing activity which encourages participants to use traditional gymnastics equipment in new ways. It draws on influences from gymnastics, martial arts, free-running, parkour, tricking and break-dance. This program has been developed to facilitate the safe development of the activity within the confines of a recognised gymnastics environment.

Within a Free G class, participants find new and creative uses for traditional gymnastics apparatus, combining different apparatus into a series of obstacles. Many familiar gymnastics skills have been modified to increase difficulty, or include a new take on technique, and a variety of new skills have been developed within this discipline.

The Intermediate Free G class is designed for beginner to intermediate level skills for children aged 7 – 15 years old. These skill based lessons include apparatus work, timed obstacle courses, aerial awareness, precision and technique.

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
4:45pm - 5:45pm	X	4:45pm - 5:45pm	X	4:45pm - 5:45pm

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

Term Enrolments are now open to all members

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

1st Class FREE TRIAL

Casual Enrollments - \$20 per session

Active Enrollment 1 hour class per week - \$17.50 per week calculated over a 1 month period.

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

Active Enrollment 3 x 1 hour classes per week - 42.54 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 "Free G Advanced."

Web www.scga.com.au – Phone 42275722 – Email admin@scga.com.au