

**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.



## Advanced GFA FREE G

Free G or freestyle gymnastics 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 Advanced Free G class is designed for advanced level skills for children aged 7 – 15 years old. This is an extension on the intermediate skill based lessons to include tricking with more difficulty, connection skills, apparatus work, timed obstacle courses, aerial awareness, precision and technique.

### 2024 SCGA Recreational Operating Terms

Term 1 – 11 Week Term	Term 2 – 10 Week Term	Term 3 – 10 Week Term	Term 4 – 10 Week Term
Mon 29th Jan – Sat 13th Apr	Mon 29th Apr – Sat 6th Jul	Mon 22nd Jul – Sat 28th Sep	Mon 14th Oct – Sat 21st Dec

### Weekly Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
X	X	5:45pm - 7:15pm	X	4:45pm - 6:15pm

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

**PLEASE NOTE: Fees for 2024 will have a half yearly increase from the 1st of July.**

#### Term Fees and Charges:

- 12 month Annual Registration Fee
- \$85 (Jan to Dec) for active and casual enrollments
- 6 month \$65 (July-Dec) for active and casual enrollments after July 1st
- Last Term (Term 4) \$45 for active and casual enrollments.

#### January to June 2024 Fees

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

- Casual Enrollments - \$32 per session
- Active Enrollment 1.5 hour class per week - \$27.75 per week calculated over a 1 month period.
- Active Enrollment 2 x 1.5 hour class per week - \$45.60 per week calculated over a 1 month period.

#### July to December 2024 Fees

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

- Casual Enrollments - \$34 per session
- Active Enrollment 1.5 hour class per week - \$30 per week calculated over a 1 month period.
- Active Enrollment 2 x 1.5 hour class per week - \$48.60 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.