

Advanced Classes

(Invitation Only)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	GIRLS Junior 4.30pm to 6.00pm	GIRLS Junior 4.45pm to 6.15pm		Level 2+ GIRLS Junior 3.30 to 5.00pm	Level 2+ GIRLS Junior 11.00 to 12.30pm	
GIRLS Intermediate 4.45pm to 6.15pm	GIRLS Intermediate 4.30pm to 6.00pm	BOYS Senior 6:15-7:45pm	TRAMP Junior 5+ 5.30 to 6.30pm	Level 3+ GIRLS Intermediate 3.45 to 5.15pm	Level 3+ GIRLS Intermediate 11.00 to 12.30pm	
GIRLS Senior 4.45pm to 6.15pm	GIRLS EXCEL 6.00pm to 8.00pm	GIRLS Senior 6.30 to 8.00pm	TRAMP Intermediate 7+ years 6.30 to 8.00pm	Level 4+ GIRLS Senior 3.45 to 5.15pm	BOYS Jnr/Snr 11.00-12.30	GIRLS EXCEL 11.00am to 1.00pm

An invitation only class for girls 6 years and over. This class focuses on mastering Level 2 skills and exploring Level 3. Once confident with Level 3 basics gymnasts will be invited to move to another class suitable for them or the next age group, whichever come first.

An invitation only class for girls 8 years and over. This class focuses on mastering Level 3 skills and exploring Level 4. Once confident with Level 4 basics gymnasts will be invited to move to a Level 4 class.

An invitation only class for girls 9 and above that are working at GfA Pathway Level 4 and above. For girls that wish to compete at regional GfA competitions it is advised to attend the Monday class and one other per week.

An invitation only class for boys 6 years and over. This class focuses on mastering Level 2 skills and exploring Level 3. Once confident with Level 3 basics gymnasts will be invited to move to another class suitable for them or the next age group, whichever come first.

An invitation only class for boys 8 years and over. This class focuses on mastering Level 3 skills and exploring Level 4. Once confident with Level 4 basics gymnasts will be invited to move to a Level 4 class.

An invitation only Trampoline class. This class is a step up from recreation classes and working towards more advanced.