

Our Recreational 'Gymnastics For All' programs at MLC Gymnastics boasts over 60 Recreational Class timeslots, filled with over 500 gymnasts and coached by over 30 Gymnastics Australia accredited coaches, many of whom have many years of experience not only coaching, but also competing in the sport.

Our Gymnastics For All programs aims to ensure each gymnast's potential is reached through a fun and challenging program, designed to cater for a wide range of abilities. Gymnasts use all of the gymnastics equipment; vault, floor, beam, bars, trampoline and tumble trak as well as supplementary equipment.

We offer weekly 1 hour Recreational, 1.5 hour Rec Extension, 2 hour Intermediate Rec and 4 – 5 hours Gymstar classes throughout each school term. During Terms 1, 2 & 3, gymnasts work through a 10 level Curriculum and Achievement Program (CAP) at a stage appropriate to their development. They are assessed in Terms 1 & 3 and will receive report cards. In Term 4, we put many of the skills learnt throughout the gymnast's time with us into routines in preparation for our Club Championships held at the end of the year.

### **RECREATIONAL GYMNASTICS CLASSES**

Classes cater for girls who attend school (participants must be in prep as a minimum) aged 5 – 12+. Classes provide an introduction to gymnastics involving a variety of fun and challenging activities which develop a wide range of physical attributes, providing the necessary foundations to build upon; including strength, flexibility, balance and co-ordination.

MLC students have the option to participate in MLC Recreational classes or our external Recreational classes.

Classes run for one hour, once per week.

### **REC EXTENSION GYMNASTICS CLASSES**

Provide the opportunity to further develop the gymnast's understanding of the techniques required to perform an increasing level of skills, whilst continuing to develop their strength and flexibility.

Classes run for one and a half hours, once per week.

### **INTERMEDIATE REC GYMNASTICS CLASSES**

Classes are for those gymnasts in need of more of a challenge. Emphasis is placed on developing more complex gymnastics skills with advanced strength and flexibility acquired through other gymnastics programs.

Gymnasts wishing to enter this program must be able to complete certain skills at a specific standard.

Classes run for two hours, once per week.

### **GYMSTAR CLASSES**

Gymstar is a competitive form of recreational gymnastics. The program provides gymnasts with the opportunity to compete in a fun and fair environment with the emphasis on the execution of skills and routines rather than difficulty, ensuring all participants enjoys the experience of participating to their full potential.

Entry into this class is by selection only. Gymnasts train two days a week and each session is 2 – 2.5 hours in duration.

## 2018 MLC GYMNASTICS CLASS TIMETABLE

(Note: age groups and times may vary depending on enrolment numbers)

GYMNASTICS PROGRAM	DAY	CLASS TIME
<b>MLC RECREATIONAL – 1 hour</b> (5 – 13+ years)	Tuesday Thursday	3:30pm – 4:30pm (Prep – Year 2) 3:30pm – 4:30pm (Year 3 – Year 12)
<b>RECREATIONAL – 1 hour</b> (5 – 7 years)	Tuesday Thursday Saturday	4:30pm – 5:30pm 5:30pm – 6:30pm 4:30pm – 5:30pm 5:30pm – 6:30pm 11:00am – 12:00pm 12:00pm – 1:00pm
<b>RECREATIONAL – 1 hour</b> (8 – 12+ years)	Tuesday Thursday Saturday	5:30pm – 6:30pm 6:30pm – 7:30pm 5:30pm – 6:30pm 6:30pm – 7:30pm 1:00pm – 2:00pm 2:00pm – 3:00pm
<b>REC EXTENSION – 1.5 hours</b> (Options dependent on age and skill level)	Tuesday Thursday Saturday	5:00pm – 6:30pm 5:00pm – 6:30pm 6:30pm – 8:00pm 2:30pm – 4:00pm 1:00pm – 2:30pm
<b>INTERMEDIATE REC – 2 hours</b> (Options dependent on age and skill level)	Tuesday Thursday Saturday	6:30pm – 8:30pm 4:30pm – 6:30pm 6:30pm – 8:30pm 4:30pm – 6:30pm 3:00pm – 5:00pm
<b>GYMSTAR, by invitation – 4+ hours</b> <i>Level 5 – 4.5 hours</i> <i>Level 6 – 5 hours</i> <i>Level 7 - 5 hours</i> <i>Level 8 - 5 hours</i> <i>Level 8 / 9- 5 hours</i>	Tuesday & Friday Thursday & Saturday Tuesday & Friday Monday & Wednesday Monday & Wednesday	4:00pm – 6:00pm & 4:00pm – 6:30pm 6:00pm – 8:30pm & 3:00pm – 5:30pm 6:00pm – 8:30pm & 6:00pm – 8:00pm 6:00pm – 8:30pm & 6:00pm – 8:30pm 6:00pm – 8:30pm & 6:00pm – 8:30pm