



## Club Timetable Sept 2023 – July 2024 with Ages and Activities

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Class length	Cost
Baby Gym (ages 0-4) unstructured soft play class	10am	10am	11am	11am	10am		45 mins	£5 walker £3 non walker
Parent assisted pre-school gymnastics ages (20 months - 4 years)	11am	11am	10am	10am	11am		30 mins	35
Mini gym ages 3,4 and 5 (girls and boys)	2.30pm 3.30pm	2.30pm 3.00pm 3.30pm	2.30pm 3.00pm 3.30pm	2.30pm 3.00pm 3.30pm	2.30pm 3.00pm 3.30pm	8.30am,9.00am 9.30am,10am 10.30am,11am 11.30am	45 mins	37
Recreation ages 5+(P1 plus) (girls and boys)	2.30pm 3.30pm	2.30pm 3.00pm 3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	2.30pm 3.00pm 3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	2.30pm 3.00pm 3.30pm 4.30pm 5.30pm	2.30pm 3.00pm 3.30pm 4.30pm 5.30pm	8.30am,9.00am 9.30am,10am 10.30am,11am 11.30am,12pm	50 mins	37
Improver girls – selection only		3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	3.30pm 4.00pm 4.30pm 5.00pm 5.30pm	8.30am,9.00am 9.30am,10am 10.30am,11am 11.30am,12pm	1 hour	39
Improver plus girls– selection only		6.00pm 6.30pm	6.00pm 6.30pm	6.30pm 7.00pm	6.30pm 7.00pm	11.30am 12.00pm 12.30pm	1 ½ hour	55
Advanced 1 girls selection only		6.30pm	6.30pm	6.30pm	6.30pm	12.30pm	1 ½ hour	55
Advanced 1 girls selection only						12.30pm	1 ½ hour	55
Advanced girls competition class – selection only				6.30pm	6.30pm		1 ½ hour	55
Boys Free G(Parkour) age 5-7				4pm 5pm	4pm 5pm	8.30am,9,30am, 10.30am	50 mins	37
Boys Free G(Parkour) age 8+				6pm	6pm 7pm	12.30pm	1 hour	39
Boys free g(Parkour) plus Selection only Age 10+						12.30pm	1 hour	39
Cheer gym – girls ages 5-9					4pm 5pm 6pm		1 hour	35
Circus 1 age 6-8				4pm			45 mins	35
Circus 2 age 8+				5pm			1 hour	37
Circus 3 and 4 selection only				6pm 7pm			1 ½ hour	55

### Club Activities 2022-2023

Month	Activity – must attend class to participate we cannot do it on a different date if not in attendance	Cost
September last class of month	<ul style="list-style-type: none"> <li>• Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li> <li>• Preschool starts at level 1 and the highest award is level 3</li> <li>• Ability Awards starts at award 8 and the highest award is 1</li> <li>• Advanced awards start at level 1 bronze, then silver then gold and move to level 2 bronze, silver and gold and onwards</li> <li>• Children always start if new to the awards at the lowest level and have to progress upwards.</li> <li>• Mini Gym – new members will always begin at award 1</li> <li>• Recreation and upwards – New members will always start at award 8</li> <li>• Fun activity this week alongside testing and their normal gymnastics: Inflatable Climbing wall and or zip line</li> </ul>	£5.00
October last class of month	<ul style="list-style-type: none"> <li>• Childrens Progress Report.</li> <li>• Children will be given a progress report based on the skills they are working on in class. If your child is suited to moving up a class you will be notified on this report. This is not related to ability awards</li> <li>• Fun activity this week alongside testing and their normal gymnastics: Halloween activities and face painting</li> </ul>	Free



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November last class of month	<ul style="list-style-type: none"><li>• Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li><li>• Fun activity: Glitter/Temporary Tattoos and Inflatable obstacle course</li></ul>	£5.00
December last class of month	<ul style="list-style-type: none"><li>• Childrens progress report.</li><li>• Children will be given a progress report based on the skills they are working on in class. If your child is suited to moving up a class you will be notified on this report. This is not related to ability awards</li><li>• Fun activity: Pyjama week – wear your Pyjamas to class and donate £2 to help the club. We will also have a bouncy castle station this week.</li></ul>	£2.00
January last class of month	<ul style="list-style-type: none"><li>• Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li><li>• Fun activity: Gymnastics treasure hunt</li></ul>	£5.00
February last class of month	<ul style="list-style-type: none"><li>• Childrens progress report.</li><li>• Children will be given a progress report based on the skills they are working on in class. If your child is suited to moving up a class you will be notified on this report. This is not related to ability awards</li><li>• Fun activity: Circus</li></ul>	Free



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March last class of the Month	<ul style="list-style-type: none"><li>• Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li><li>• Fun activity: Sack races and egg and spoon gymnastics race</li></ul>	£5.00
April last class of the Month	<ul style="list-style-type: none"><li>• Childrens progress report.</li><li>• Children will be given a progress report based on the skills they are working on in class. If your child is suited to moving up a class you will be notified on this report. This is not related to ability awards</li><li>• Fun activity: Ninja Climbing wall and zip line</li></ul>	Free
May last class of the Month	<ul style="list-style-type: none"><li>• Rainbow Gymnastics Medal and certificate and testing which can be purchased if achieved for £5.00 at reception. Children will be tested on a variety of skills to achieve this award.</li><li>• Fun activity: Bouncy Castle</li></ul>	£5.00
June last class of the month	<ul style="list-style-type: none"><li>• Parents participation day. Parents can donate £2.00 to come in and participate in their child's class. This will be fun low risk activities. Only 1 adult per child.</li></ul>	Free

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