

KinderGym and Gym for All programs offer

ONE FREE

Introductory session (with no obligation) to all children wanting to try this exciting sport under the supervision of accredited Gymnastics and KinderGym Coaches.

MEMBERSHIP FEES

Per Term

All fees include Registration & Insurance as required by the Australian Gymnastics Federation (including GST).

KinderGym

\$115.00 term

Gym for All

\$165.00 term

Gym for All Advanced & Pre Competition

\$225.00 term

WAG Intermediate Competition

4 hr /week - \$315.00 term

Girl's & Boy's Competitive Gymnastics

(MAG/WAG) Fees on application.

Fees subject to change

(Family discounts are available for subsequent children)

The Henley & Grange Youth Clubs Inc. runs the following Gymnastics Programs, under the banner of Gym West, for children aged from 12 months to approximately 18 years throughout the year, with most activities centred on the normal public school terms.

Available Programs are:

KinderGym

12 months to 3 years old

KinderGym Junior

3 to 5 years old

Gym for All

5 to 12 years old

Gym for All Advanced

By invitation only

Girl's Pre-competition and Intermediate Competition Gymnastics

By invitation only

Girl's Advanced Competitive Gymnastics

By invitation only

Boy's Competitive Gymnastics

By invitation only

Proudly sponsored by:



INFORMATION SHEET

2019



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Gymnastics
South Australia

Affiliated with
Gymnastics SA



GYM WEST PARTICIPATION STREAM

KinderGym

1 to 3 Years

A fun movement based program for under 5's and their carers. We offer fundamental movement opportunities to enhance development.



KinderGym Junior: 3 to 5 Years

A fun program to further develop skills, physical conditioning, endurance and coordination. Children are introduced to gymnastic skills and apparatus.

Gym for All - Boys and Girls

5-12 years (Children must be a minimum 5years)

With the exception of KinderGym, Gym for All classes are the starting point for most gymnasts. Gym for All is a sport for everybody. Children can develop amazing skills while getting strong and flexible in fun and challenging ways.

Gym for All promotes confidence and coordination as well as offering basic skills in spring, landing, rolling and balance whilst engaging in most gymnastic apparatus.

Gym Mix is suited to ages 5-9 years and **Gym Skills** is suited to ages 9+.



Gym for All Advanced

Senior Boys and Girls - 9+ years.

Selection into this squad is by invitation and is based on vacancies, age and skill level.

This squad explores a range of gym sports including Team Gym, Acrobatics, FreeG, Rhythmic and Performance. It is suitable for gymnasts with intermediate skill level who do not want to participate in the competition stream.

Session Times during Public School Terms are as follows:

MONDAY

3:30 pm - 4:30 pm
4:30 pm - 5:30 pm
5:30 pm - 8:30 pm

Gym for All/Gym Mix - 5-10 years
Gym for All/Gym Mix - 5-10 years
MAG Competition Squads

TUESDAY

9:00 am - 9:55 am
10:00 am - 10:55 am
11:00 am - 11:55 am
12:30 pm - 1:25 pm
1:30 pm - 2:25 pm
3:30 pm - 5:30 pm
5:30 pm - 8:30 pm

KinderGym 1 to 3 years
KinderGym 1 to 3 years
KinderGym 1 to 3 years
KinderGym Junior 3 to 5 years
KinderGym Junior 3 to 5 years
WAG Intermediate Comp Squad
WAG Advanced Comp Squad

WEDNESDAY

9:00 am - 9:55 am
10:00 am - 10:55 am
11:00 am - 11:55 am
12:30 pm - 1:25 pm
1:30 pm - 2:25 pm
3:30 pm - 4:30 pm
4:30 pm - 5:30 pm
5:30 pm - 8:30 pm

KinderGym 1 to 3 years
KinderGym 1 to 3 years
KinderGym 1 to 3 years
KinderGym Junior 3 to 5 years
KinderGym Junior 3 to 5 years
Gym for All/Gym Mix - 5-10 years
Gym for All/Gym Mix - 5-10 years
MAG Competition Squads

THURSDAY

9:00 am - 9:55 am
10:00 am - 10:55 am
11:00 am - 11:55 am
12:30 pm - 1:25 pm
3:30 pm - 5:30 pm
5:30 pm - 8:30 pm

KinderGym 1 to 3 years
KinderGym 1 to 3 years
KinderGym 1 to 3 years
KinderGym Junior 3 to 5 years
WAG Intermediate Comp Squad
WAG Advanced Comp Squad

FRIDAY

3:30 pm - 5:30 pm
5:30 pm - 8:30 pm

WAG Pre-Competition
WAG Advanced Comp Squad &
MAG Advanced Comp Squad

SATURDAY

9:00 am - 10:00 am
10:00 am - 11:15 am
11:30 am - 1:30 pm
1:30 pm - 4:30 pm

Gym for All/Gym Mix - 5-10 years
Gym for All Intermediate - 8+ years
Gym for All Advanced - 9+ years
WAG Advanced Comp Squad

GYM WEST COMPETITION STREAM

Pre-Competition Gymnastics - Girls and Boys

Pre-Competition Gymnastics is the next step from Gym for All. Building on the foundations formed in Gym for All, Pre-Competition Gymnastics focuses on strength and flexibility in readiness for progression to the competition squads.

Advancement to these groups is by invitation only and is based on skill level and available vacancies.



Intermediate Competition Squads - WAG (Girls) & MAG (Boys)

The next stage on from Pre-Competition Gymnastics is the Intermediate Squads. Training includes building on skills already learnt, increase of strength, flexibility and learning new routines on each apparatus. These groups aim to compete 3 times a year.

These programs are based on the National MAG/WAG Gymsport programs levels 1-3.

These squads precede higher level MAG or WAG competitive gymnastics.



Advanced Competition Gymnastics - WAG (girls) & MAG (boys)

The gymnasts in the advanced competition gymnastic programs have been selected from the previous programs. These programs are known as WAG (Women's Artistic Gymnastics) which is composed of vault, uneven bars, beam and floor and MAG (Men's Artistic Gymnastics) which composed of six apparatus: floor, pommel horse, rings, vault, horizontal bar and parallel bars. The levels trained are 4-10.

The gymnasts in these programs have shown the ability and potential for higher level competition squads. These gymnasts compete in competitions conducted by Gymnastics SA.