

PROGRAM	Recommended Hours/Days Per Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Under 5's							
KinderGym (18mths onwards)	1 hour (1 day)	10.00 - 11.00am	10.00-11.00am	9.30 - 10.30am	10.00 - 11.00am		
Tumble Tots (3.5 years onwards)	1 hour (1 day)	11.15 - 12.15pm	11.15 - 12.15pm	10.45 - 11.45am	11.15 - 12.15pm	3.30-4.30pm	8.30-9.30am
Tiny Tumbler (4.5 –5.5 years)	1.5 hours (1 day)	11.15 - 12.45pm	11.15 - 12.45pm	10.45 - 12.15pm	11.15 - 12.45pm	3.30-5.00pm	8.30-10.00am
Early 1 Pre-Squad	3 hours (2 days)	*children attend their usual Tiny Tumbler day plus Sat)					9.30-11.00am
Recreation							
GymFun 1 (5—7 years)	1.hour (1 day)	4.00 - 5.00pm	4.00 - 5.00pm	4.00 - 5.00pm	3.30pm - 4.30pm	3.30-4.30pm & 5.00-6.00pm	9.00– 10.00am
GymFun 2 (6—7 years)	1.5 hours (1 day)	4.00 - 5.30pm	4.30- 6.00pm	4.30- 6.00pm	3.30pm- 5.00pm	3.30-5.00pm & 5.00-6.30pm	9.00-10.30am
GymSkills (8 - 11 years)	1.5 hours (1 day)	4.30-6.00pm	4.30 - 6.00pm	4.30 - 6.00pm & 6.00-7.30pm	3.30-5.00pm	5.00-6.30pm	9.00-10.30am
GymSkills Advanced	2 hours (1 day)		6.00 - 8.00pm	6.00 - 8.00pm		4.30-6.30pm	
Pre-Teens (10-12 years)	2 hours (1day)		6.00 - 8.00pm				
Open T&T (from 12 years)	2 hours (1 day)		6.00 - 8.00pm				
Competition Classes - Levels Stream							
Stage 1 State Squad	4hours (2 days)	4.00 - 6.00pm		4.00 - 6.00pm			9.30-11.30am
Stage 2 State Squad	5 hours (2 days)	4.00 - 6.30pm		4.00 - 6.30pm			10.00-12.30pm
Open Intermediate Levels	5 hours (2 days)	5.30 - 8.00pm		5.30 - 8.00pm	5.00 - 7.30pm		11.30-2.00pm
Open Advanced Levels	9.hours (3 days)	4.30-7.30pm			4.30 - 7.30pm		11.30- 2.30pm
Junior Development Squads - National Stream							
Stage 1 National Age Squad	4 hours (2 days)		4.00 - 6.00pm		4.00 - 6.00pm		9.30-11.30am
Stage 2 National Age Squad	5 hours (2 days)		4.00 - 6.30pm		4.00 - 6.30pm		10.00-12.30pm
Pre Junior National Squad	7.5 hours (3 days)		4.00-6.30pm		4.00 - 6.30pm		9.00-11.30am
Junior National Age Squad	14 hours (4 days)	4.00 - 7.00pm	4.00 - 7.00pm	6.30 - 8.30am 4.00-7.00pm			11.30–2.30pm
Elite Squads - International Stream							
Open Age Squad	17 hours (4 days)	6.30-8.30am 5.00-8.00pm		6.30 - 8.30am 5.00-8.00pm	4.30 - 7.30pm		10.30-2.30pm
International Stream Development Squad (ISD)	19.5 hours (5 days)	6.30 - 8.30am 4.00-- 7.00pm	4.00-7.00pm	6.30 - 8.30am 4.00-- 7.00pm	3.30-6.00pm		10.30-2.30pm