

PROGRAM	Recommended	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Under 5's						
KinderGym	1 hour (1 day)		10.00 - 11.00am			10.00 - 11.00am
Tiny Tumbler	1.5 hours (1 day)		11.15 - 12.45pm	11.15 - 12.45pm		11.15 - 12.45pm
Tumble Tots	1 hour (1 day)		11.15 - 12.15pm	11.15 - 12.15pm		11.15 - 12.15pm
Recreation						
GymFun only		8.45 - 10.15am				
GymSkills only		8.45 - 10.15am				
GymFun & GymSkills Combined	1.5 hours (1 day)		4.30 - 6.00pm	4.30 - 6.00pm	4.00 - 5.30pm	5.00 - 6.30pm
Competition Classes - Levels Stream						
Stage 1 & Stage 2 State Squad	4hours (2 days)	8.00 - 10.00am	4.00 - 6.00pm		4.00 - 6.00pm	
Open Intermediate Levels	5 hours (2 days)	10.30 - 1.00pm	5.30 - 8.00pm		5.30 - 8.00pm	4.30 - 7.00pm
Open Advanced Levels	9 hours (3 days)	11.30 - 2.30pm		5.00 - 8.00pm		4.00 - 7.00pm
Junior Development Squads - National Stream						
Stage 1 National Age Squad	4 hours (2 days)	10.15 - 12.15pm		4.15 - 6.15pm		4.15 - 6.15pm
Stage 2 National Age Squad	5 hours (2 days)	8.30 - 11.00am		4.00 - 6.30pm		4.00 - 6.30pm
Junior National Age Squad	10.5 hours (3 days)	11.00 - 2.30pm	4.00 - 7.30pm	4.00 - 7.30pm		
Open Age Development Squad	14 hours (4 days)	8.00 - 12.00pm	4.15 - 7.45pm		4.15 - 7.45pm	4.00 - 7.00pm
Elite Squads - International Stream						
KSTP/Gym NSW HP Tumbling Squad	23 hours (5 days)	9.00—1.00pm	6.30 - 8.30am 3.30 - 6.30pm	6.30 - 8.30am 3.30 - 6.30pm	3.30 - 6.30pm	6.30 - 8.30am 3.30 - 6.30pm