

**KSTP Class Schedule**  
**Term 3 2020**



PROGRAM	Recommended Hours/Days Per Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
<b>Under 5's</b>							
KinderGym	1 hour (1 day)	10.00 - 11.00am		9.30 - 10.30am	10.00 - 11.00am		
Tumble Tots	1 hour (1 day)	11.15 - 12.15pm	11.15 - 12.15pm	10.45 - 11.45am	11.15 - 12.15pm		
Tiny Tumbler	1.5 hours (1 day)	11.15 - 12.45pm	11.15 - 12.45pm	10.45 - 12.15pm	11.15 - 12.45pm		
Early 1 Pre Squad	3 hours (2 days)	Participants in this program choose a Tiny Tumbler session plus the Saturday					8.30am - 10.00am
<b>Recreation</b>							
GymFun	1.5 hours (1 day)	4.00 - 5.30pm	4.00 - 5.30pm	4.00 - 5.30pm	5.00 - 6.30pm	8.45 - 10.15am	
GymSkills	1.5 hours (1 day)	4.30 - 6.00pm	4.30 - 6.00pm	4.30 - 6.00pm	5.00 - 6.30pm	8.45 - 10.15am	
GymSkills Advanced	2 hours (1 day)	6.00 - 8.00pm		6.00 - 8.00pm			
Triple Ts	2 hours (1 day)		6.00 - 8.00pm				
Adults	1.5 hours (1 day)				7.00 - 8.30pm		
<b>Competition Classes - Levels Stream</b>							
Stage 1 State Squad	4hours (2 days)	4.00 - 6.00pm		4.00 - 6.00pm		8.00 - 10.00am	
Stage 2 State Squad	5 hours (2 days)	4.00 - 6.30pm		4.00 - 6.30pm		8.00 - 10.30am	
Open Intermediate Levels	5 hours (2 days)	5.30 - 8.00pm		5.30 - 8.00pm	4.30 - 7.00pm	10.30 - 1.00pm	
Open Advanced Levels	9.5 hours (3 days)		5.00 - 8.00pm		4.00 - 7.00pm	11.00 - 2.30pm	
<b>Junior Development Squads - National Stream</b>							
Stage 1 National Age Squad	4 hours (2 days)		4.15 - 6.15pm		4.15 - 6.15pm	10.15 - 12.15pm	
Stage 2 National Age Squad	5 hours (2 days)		4.00 - 6.30pm		4.00 - 6.30pm	8.30 - 11.00am	
Junior National Age Squad	10.5 hours (3 days)	4.00 - 7.30pm	4.00 - 7.30pm			10.30 - 2.30pm	
Open Age Development Squad	14 hours (4 days )	4.15 - 7.45pm		4.15 - 7.45pm	4.00 - 7.00pm	8.00 - 12.00pm	
<b>Elite Squads - International Stream</b>							
KSTP/Gym NSW HP Tumbling Squad	23 hours (5 days)	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	9.00—1.00pm	