

PROGRAM	Recommended Hours/Days Per Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Under 5's</b>						
KinderGym (18mths onwards)	1 hour (1 day)	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	
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	
Early 1 Pre-Squad	3 hours ( 2 days)	*children attend their usual Tiny Tumbler day plus Saturday				8.00-9.30am
<b>Recreation</b>						
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	8.45 - 9.45am
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 & 5.00pm - 6.30pm	10.00 - 11.30am
GymSkills (8 - 11 years)	1.5 hours (1 day)	5.30 -7.00pm	4.30 - 6.00pm	4.30 - 6.00pm & 6.00-7.30pm	5.30-7.00pm	8.45 - 10.15am
GymSkills Advanced (from 9 years)	2 hours (1 day)	6.00 - 8.00pm		6.00 - 8.00pm		
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			
Adults (from 17 years)	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	11.00—1.30pm
Open Advanced Levels	9.hours (3 days)		5.00 - 8.00pm		4.00 - 7.00pm	11.00 - 2.00pm
<b>Junior Development Squads - National Stream</b>						
Stage 1 National Age Squad	3 hours (2 days)		4.00 - 5.30pm		4.00 - 5.30pm	8.00 - 9.30am
Stage 2 National Age Squad	5 hours (2 days)		4.00 - 6.30pm		4.00 - 6.30pm	8.00 - 10.30am
Pre Junior National Squad	7.5 hours (3 days)		4.00-6.30pm		4.00 - 6.30pm	8.00 - 10.30am
Junior National Age Squad	14 hours (4 days)	4.00 - 7.00pm	4.00 - 7.00pm	6.30 - 8.30am 4.00-7.00pm		10.30 - 1.30pm
Open Age Development Squad	16.5 hours (4 days )	6.30-8.30am 4.15 - 7.45pm		6.30 - 8.30am 4.15 - 7.45pm	4.00 - 7.00pm	9.00 - 1.00pm
<b>Elite Squads - International Stream</b>						
KSTP/Gym NSW HP Tumbling Squad	23 hours (5 days)	6.30 - 8.30am 3.30 - 7.00pm	6.30 - 8.30am 3.30 - 7.00pm	3.30 - 7.00pm	6.30 - 8.30am 12pm - 3.00pm	9.00—1.30pm