

PROGRAM	Recommended Hours / Days Per Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Under 5's							
Kindergym (18 mnths onwards)	1 hour (1 day)	10.00-11.00	10.00-11.00	9.30-10.30	10.00-11.00		
Tumble Tots (3.5 years onwards)	1 hour (1 day)	11.15-12.15	11.15-12.15	10.45-11.45	11.15-12.15	3.30-4.30	8.30-9.30
Tiny Tumblers (4 years onwards)	1.5 hour (1 day)	11.15-12.45	11.15-12.45	10.45-12.15	11.15-12.45	3.30-5.00	8.30-10.00
Mini Stars (by selection)	3 hours (2 days)	* Attend usual Tiny Tumblers plus Sat					9.30-11.00
GymInfinity							
Bright Stars (5-6 years)	1 hour (1 day)	4.00-5.00	4.00-5.00	4.00-5.00	3.30-4.30	3.30-4.30 5.00-6.00	9.00-10.00
Rising Star League (6-7 years)	1.5 hour (1 day)	4.00-5.30	4.00-5.30	4.30-6.00	3.30-5.00	3.30-5.00 5.00-6.30	9.00-10.30
Star Captains (6-8 year old boys, by selection)	2 hour (1 day)		4.00-6.00			4.00-6.00	
Star League (8-11 years)	1.5 hour (1 day)	4.30-6.00	4.30-6.00	4.30-6.00 6.00-7.30	3.30-5.00	5.00-6.30	9.00-10.30
Galaxy League (8-11 years, by selection)	2 hour (1 day)		6.00-8.00	6.00-8.00		4.30-6.30	
Triple T's (From 12 years)	2 hour (1 day)			6.00-8.00			
Competition Classes - State Stream (Australian Levels Program)							
Shining Stars / Pre Competition Squad	3 hours (2 days)	4.00-5.30		4.00-5.30			9.30-11.00
Shooting Stars / Developing Program Level 1	4 hours (2 days)	4.00-6.00		4.00-6.00			9.30-11.30
Super Stars / Developing Program Level 2	5 hours (2 days)		4.00-6.30		4.00-6.30		10.00-12.30
All Stars / Developing Program Level 3	5 hours (2 days)		4.00-6.30		4.00-6.30		10.00-12.30
Open Intermediate Levels	5 hours (2 days)	5.30-8.00		5.30-8.00			9.00-11.30
Pre Advanced Levels	7.5 hours (3 days)		6.30-8.30am 5.30-8.00pm		5.00-7.30pm		11.30-2.00
Open Advanced Levels	9 hours (3 days)	5.00-8.00			6.30-8.30am 4.30-7.30pm		11.30-2.30
Representative Squads - National and International Stream							
National Development Program	9.5 hours (3 days)		6.30-8.30am 4.00-6.30pm	4.00-6.30pm			8.30-11.00am
Youth Development Program	16 hours (5 days)	4.00-7.00pm	6.30-8.30am	4.00-7.00pm	6.30-8.30am 4.30-7.30pm		11.30-2.30pm
Open Age Squad	17 hours (5 days)	6.30-8.30am 5.00-8.00pm	5.00-8.00pm	6.30-8.30am	4.30-7.30pm		10.30-2.30pm
Elite / High Performance	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