**Recreational Star Classes**

Boys and Girls (4+yrs)

The aim of this program is to have continual activity and participation, which is varied, challenging and appropriate for the growth and development stage of a gymnast.

The program will contain the 4 “F’S” of gymnastics.  
***FUN, FITNESS, FUNDAMENTALS and FRIENDSHIP***  
The gymnast progresses through skills and works through

Zig Zag’s Club Based Program

**STAR 1-3**

**KINDY**

**Introduction/Transitional Class**

Suitable for girls and boys transitioning from

Kindy gym (morning classes) OR

Gymnasts (3/4yrs) with no gymnastics experience

**Wednesday,**

**3.45-4.45pm**

**STAR 1**

**Suitable for girls with no gymnastics experience**

Ages between 5-7yrs

**Tuesday, Friday**

**3.45-4.45pm**

**STAR 2/3**



**Suitable for girls with solid basic skills**

**Tuesday3.45-5.15pm, Wednesday 4.45-6.15pm**

**Seniors rec**



**Suitable for girls ready for advanced skills**

**Tuesday, 5.15 – 7.15pm**

**BOYS GYM**



**Suitable for all boys**

Boys who do gymnastics benefit from:

* Builds strength and prepares the body for the challenges in life
* Enhances co-ordination and agility, allowing the body to move like lightning
* Develops posture and confident body movement, including the ability to land safely
* Challenges the mind and body to reach new goals
* Develops healthy minds and bodies for now and later life
* **Wednesday 4.45-6.45pm 5+ yrs**
* **SQUAD Training Monday+ Wednesday**
* **ADULTS GYM**
* Adult Gymnastics Boot Camp
  1. Fun, Fitness, Basic Gymnastics, and Trampolining with Coach Naomi
* Wednesdays starting from 22nd July
* Casual Cost $10 per class
* Time 7:00-8:00pm

