

GfA Timetable Summer Term 2022
STARTS: MONDAY 25th April 2022
BANK HOLIDAY: MONDAY 2ND May (no classes on this day)
HALF TERM BREAK: 30th May - 3rd June (no classes this week)
FINAL DAY OF TERM: MONDAY 18th July 2022

| MONDAY | | |
|-------------------------|-----------------|---|
| CLASS | TIME | AGE / ALLOCATION |
| STAGE 1 | 4pm - 4.45pm | 4 - 6 years (<i>minimum School Yr R</i>) |
| STAGE 1 | 4.15pm - 5pm | 5 - 7 years |
| STAGE 2 | 4.15pm - 5pm | 5 - 7 years <i>after graduating Stage 1</i> |
| STAGE 2 | 4.30pm - 5.15pm | 7 years + <i>after graduating Stage 1</i> |
| STAGE 3 | 4.45pm - 5.45pm | 6 years + <i>after graduating Stage 2</i> |
| STAGE 3 | 5pm - 6pm | 8 years + <i>after Graduating Stage 2</i> |
| STAGE 4 | 5pm - 6pm | 7 years + <i>after Graduating Stage 3</i> |
| MINI's Dev. Session 1 | 5.15pm - 6.45pm | By Invitation |
| Intermediate & Advanced | 5.15pm - 6.45pm | 8 years + <i>after Graduating Stage 4</i> |
| STAGE 4 | 5.45pm - 6.45pm | 7 years + <i>after Graduating Stage 3</i> |

| WEDNESDAY | | |
|-------------------------|-----------------|---|
| CLASS | TIME | AGE / ALLOCATION |
| STAGE 1 | 4pm - 4.45pm | 4 - 6 years (<i>minimum School Yr R</i>) |
| STAGE 1 | 4.15pm - 5pm | 5 - 7 years |
| STAGE 2 | 4.15pm - 5pm | 5 - 7 years <i>after graduating Stage 1</i> |
| STAGE 2 | 4.30pm - 5.15pm | 7 years + <i>after graduating Stage 1</i> |
| STAGE 3 | 4.45pm - 5.45pm | 6 years + <i>after graduating Stage 2</i> |
| STAGE 3 | 5pm - 6pm | 8 years + <i>after graduating Stage 2</i> |
| STAGE 4 | 5pm - 6pm | 7 years + <i>after Graduating Stage 3</i> |
| MINI's Dev. Session 2 | 5.15pm - 6.45pm | By Invitation |
| Intermediate & Advanced | 5.15pm - 6.45pm | 8 years + <i>after Graduating Stage 4</i> |
| STAGE 4 | 5.45pm - 6.45pm | 7 years + <i>after Graduating Stage 3</i> |

| FRIDAY | | |
|--|----------------|---|
| CLASS | TIME | AGE / ALLOCATION |
| STAGE 1 | 4.15 - 5pm | 5 - 7 years |
| STAGE 2 | 4.15 - 5pm | 5 - 7 years <i>after graduating Stage 1</i> |
| STAGE 3 | 5pm - 6pm | 7 years + <i>after graduating Stage 2</i> |
| STAGE 4 | 5pm - 6pm | 7 years + <i>after graduating Stage 3</i> |
| Add-On' Class STAGE 3+ Floor & Rebound* | 5.30 - 6.30pm* | 8 years + <i>Stage 3 +*</i> |
| Add-On' Class STAGE 4+ Acrobatics | 4 - 6pm* | 8 years + <i>Stage 4 +*</i> |

**For Stage 3+ Gymnasts which focusses on developing skills on Floor, Trampoline and Tumble, working toward more advanced skills in these disciplines. This class is best taken as a compliment to your regular Core Academy Class but can also be taken as a stand alone class for those at Stage 4+ who don't wish to pursue Bars and Beam work beyond Stage 3.*

**For Stage 4+ Gymnasts which focusses on developing skills Acrobatics Partnership work. This can ONLY be taken as an addition to a regular GfA session (on a different day). This session is also a 'Pathway to Acrobatics Development for Gymnasts who are 10 years or over or those under 10 who are interested in exploring Acrobatics. However, you can also take this class regardless of whether you are looking toward a Development route.*

FEES

Fees are payable in advance upon booking and cover the full term (10- 12 weeks)

45 minute class: £80

1 hour class: £86

90 minute class: £111

3 hour program £190

EXISTING MEMBERS: CHOOSING YOUR CLASS...

Please check your re-enrolment email (via ParentMail) which will tell you the recommended Stage for you gymnast to be enrolled in for the coming term. **Please note, the mixed 'Stage 2 & 3' class for is only suitable for a Stage 2 gymnast, if they have been working at Stage 2 already for at least two 'in club' terms (i.e. not including Zoom).** If you have any queiries, please email: contact@altongymnasticsclub.org

NEW MEMBERS: GUIDE TO CHOOSING YOUR CLASS...

4 - 7 years

Most 5 - 7 year olds should enrol in a Stage 1 Class, even if they have some experience. All of our Stage 1 classes explore the Stage 2 Syllabus as well and children will work at and be assessed on the appropriate Stage

8 years +

Beginners aged 8 years + or those with a little experience should start in a Stage 2. Those aged 10+ may wish to start in a Stage 3 class if confident to.

Gymnasts with prior experience / achievements

If your gymnast is aged 7 years or above and has attended a gymnastics class before for more than 3 terms, or shows particular ability (even if they are under 7), please email us. We will need to know their level of achievement so far or which skills they have been learning / can do.

GENERAL

Our Program is structured to provide several levels of ahcievement within each Stage. Core Gymnastics elements and attributes are covered in order to ensure sound and effective learning. This results in gymnasts who are are safe, well educated and practised in all core movement patterns that the will need to progress to each new Stage. If in doubt, it is better to go lower so that the gymnast does not miss out on key learning points and so that they can experience success. Many of our classes are mixed Stage (2 stages) so gymansts will be set to work at the level which is appropriate to them.

Classes are held at:

Alton Sports Centre, Chawton Park Road, Alton, Hampshire, GU34 1ST

Club Rules:

Please visit www.altongymnasticsclub.co.uk to check our Club Rules, Dress Code etc.

Enrolment:

Participation is by enrolment in advance only. Please follow the instructions on the website (above) and in your emails from the AGC.