

GfA Timetable Autumn Term 2022
STARTS: MONDAY 12th September 2022
HALF TERM BREAK: 24th - 28th October (no classes this week)
FINAL DAY OF TERM: FRIDAY 9th December 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	6 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	6 years + <i>after Graduating Stage 3</i>
MINI's Dev. Session 1	5pm - 6.30pm	By Invitation
STAGE 4	5.15pm - 6.15pm	8 years + <i>after Graduating Stage 3</i>
Intermediate & Advanced	5.30pm - 7pm	8 years + <i>after Graduating Stage 4</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	6 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	6 years + <i>after Graduating Stage 3</i>
MINI's Dev. Session 1	5pm - 6.30pm	By Invitation
STAGE 4	5.15pm - 6.15pm	8 years + <i>after Graduating Stage 3</i>
Intermediate & Advanced	5.30pm - 7pm	8 years + <i>after Graduating Stage 4</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	6 years + <i>after graduating Stage 2</i>
STAGE 4	5pm - 6pm	6 years + <i>after graduating Stage 3</i>
Add-On' Class STAGE 4+ Acrobatics	4 - 6pm*	8 years + Stage 4 +*

**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 intereseted in exploring Acrobatics. However, you can also take this class regardless of whether you are looking toward a Development route.*

FEES

- 45 minute class: £8 per class payable termly
- 1 hour class: £9 per class payable termly
- 90 minute class: £11 per class payable termly

Choosing your class...**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 4 - 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

GENERAL

The content of our GfA programs is designed by our most experienced coach with over 25 years coaching experience in several disciplines of gymnastics and are regularly reviewed in consultation with the coaches delivering the programs. Classes are delivered by fully trained Junior and Senior Coaches.

Stage. Core Gymnastics elements and attributes are covered in order to ensure sound and effective learning. This results in gymnasts who are safe, well educated and practised in all core movement patterns that they 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.

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 AGC.