



**YMCA MANGO HILL GYMNASTICS
PROPOSED TIMETABLE LAUNCHING MARCH 2020**

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gym Bubs Play (Under 2.5yrs)					9.00 - 9.45	
Gym Tots - 2.5 yrs to 4 yrs (45 Min) with parents	9.15 - 10.00	9.00 - 9.45	9.15 - 10.00	9.00 - 9.45	10.00 - 10.45	8.30 - 9.15 x 2
Gym Kids- 4 to 5 yrs (1 Hr) no parents	10.15 - 11.15	10.00 - 11.00	10.15 - 11.15	10.00 - 11.00	11.00 - 12.00	9.15-10.00 x 2
Prep Ready (1 Hour)	3.30 - 4.30	3.30 - 4.30	3.30 - 4.30	3.30 - 4.30	3.30 - 4.30	10.15 - 11.15
Step 1 (1 hour)	3.30 - 4.30	3.30 - 4.30	3.30-4.30	3.30-4.30	4.00 - 5.00	10.15 - 11.15
Step 2 (1 hour)	4.00 - 5.00	4.30 - 5.30	3.30 - 4.30	4.30 - 6.00	3.30 - 4.30	10.15 - 11.15
Combined Step 1 & 2 (1 Hour)	5.00 - 6.00				5.00 - 6.00	
Step 3 (1 hour)	4.30 - 5.30	4.30 - 5.30	4.30 - 5.30	4.30 - 5.30	4.30 - 5.30	11.15 - 12.15
Step 4 & 5 (1.5 hour) Combined	4.30 - 6.00		4.30 - 6.00		4.30 - 6.00	11.15 - 12.45
Step 4 & 5 (1.5 hour) Combined	4.30 - 6.30		4.30 - 6.00		4.30 - 6.00	11.15 - 12.45
Adult Steps		6.30 - 8.00				

What are the Non-competitive program STEP classes and how do I chose the best class for my child?

<p align="center">STEP 1 (6-7 yrs) 1 per wk</p>	<p>A beginner class for young members without any gymnastics experience. Classes are 60mins long, held one day per week. Classes focus on basic tumbling & vaulting, and conditioning & climbing</p>
<p align="center">STEP 2 (6-8 yr+) 1 per wk</p>	<p>A beginner class for 8 yrs plus (any age above), or for young members (6yrs+) with some experience (passed STEP 1). Classes are 60mins long and held once per week. Classes focus on basic tumbling & vaulting, and basic conditioning & climbing</p>
<p align="center">STEP 3 (7yrs +) 1 per wk</p>	<p>A class for members who have completed STEPs 1 & 2, or for experienced older students. Classes are 60mins long and held once per week. Classes focus on basic tumbling, vaulting, bars skills, balance beam skills and conditioning & climbing</p>
<p align="center">STEP 4 1-2 classes per wk</p>	<p>A class for members who have completed STEPs 2 & 3, or for experienced older students. Classes are 90mins and held 1-2 times per week. Members can elect to attend two classes per week. Classes focus on conditioning, climbing, intermediate tumbling & vaulting. (introduction of flight & walkovers)</p>
<p align="center">STEP 5 1-2 classes per wk</p>	<p>A class for members who have completed STEPs 3 & 4, or gymnasts with a National Level 1 badge. Classes are 90mins long and held 1-2 per week. Classes focus on intermediate conditioning, intermediate tumbling & vaulting. (handsprings–walkovers), introductory Balance Beam, Pommel Horse & Still Rings</p>