

SGA GENERAL GYMNASTICS LESSONS 2023

MONDAY

5.30-6.30PM	NEXT STEPS/NOVICE	1hr
6.30-8.30PM	INTERMEDIATE/ADVANCED	2hrs
5.30-8.30PM	WA SQUADS 1&2	3hrs

TUESDAY

5.30-8.30PM	F&V SQUADS	3hrs
5.30-8.30PM	WA SQUADS	3hrs

WEDNESDAY

5.30-6.30PM	NEXT STEPS/NOVICE	1hr
6.30-8PM	INTERMEDIATE/ADVANCED	1.5hrs
5.30-7.30pm	1-2-1 PERSONAL COACHING	2hrs

SATURDAY

9-9.45AM	PRE SCHOOL	45min
9-10AM	NEXT STEPS/GENERAL 1	1hr
10-12PM	RAINBOW MINI'S WA DEV SQUAD	2hrs
10.15-11.15AM	GENERAL 1&2	1hr
11.30-12.30PM	GENERAL 1,2&3	1hr
12.30-2PM	F&V RAINBOW MINI'S DEV SQUAD	1.5hrs
2-5pm	F&V SQUADS/WA DEV SQUADS	1hr

SGA SQUAD LEVELS (INVITATION ONLY)

FLOOR & VAULT

1.5HRS PER WEEK	F&V RAINBOW MINI'S DEV (Sat 12.30-2pm)	6YRS+
2HRS PER WEEK	F&V RAINBOW MINI'S DEV (Sat 10-12pm)	3-5YRS
3HRS PER WEEK	F&V SQUADS (Sat 2-5pm or Tues 5.30-8.30pm)	6YRS+
6HRS PER WEEK	F&V SQUADS (Sat 2-5pm & Tues 5.30-8.30pm) MAX	8YRS+

WOMEN'S ARTISTIC

2HRS PER WEEK	WA RAINBOW MINI'S (Sat 10-2pm)	3-5YRS
3HRS PER WEEK	WA DEV SQUADS (Sat 2-5pm)	5YRS+
6HRS PER WEEK	WA DEV SQUADS (Sat 2-5pm & Tues 5.30-8.30pm)	8YRS+

	9HRS PER WEEK	WA SQUADS (Sat 2-5pm & Mon & Tues)	8YRS+
	10HRS PER WEEK	WA SQUADS (Sat 10-2pm & Mon & Tues) MAX	10YRS+