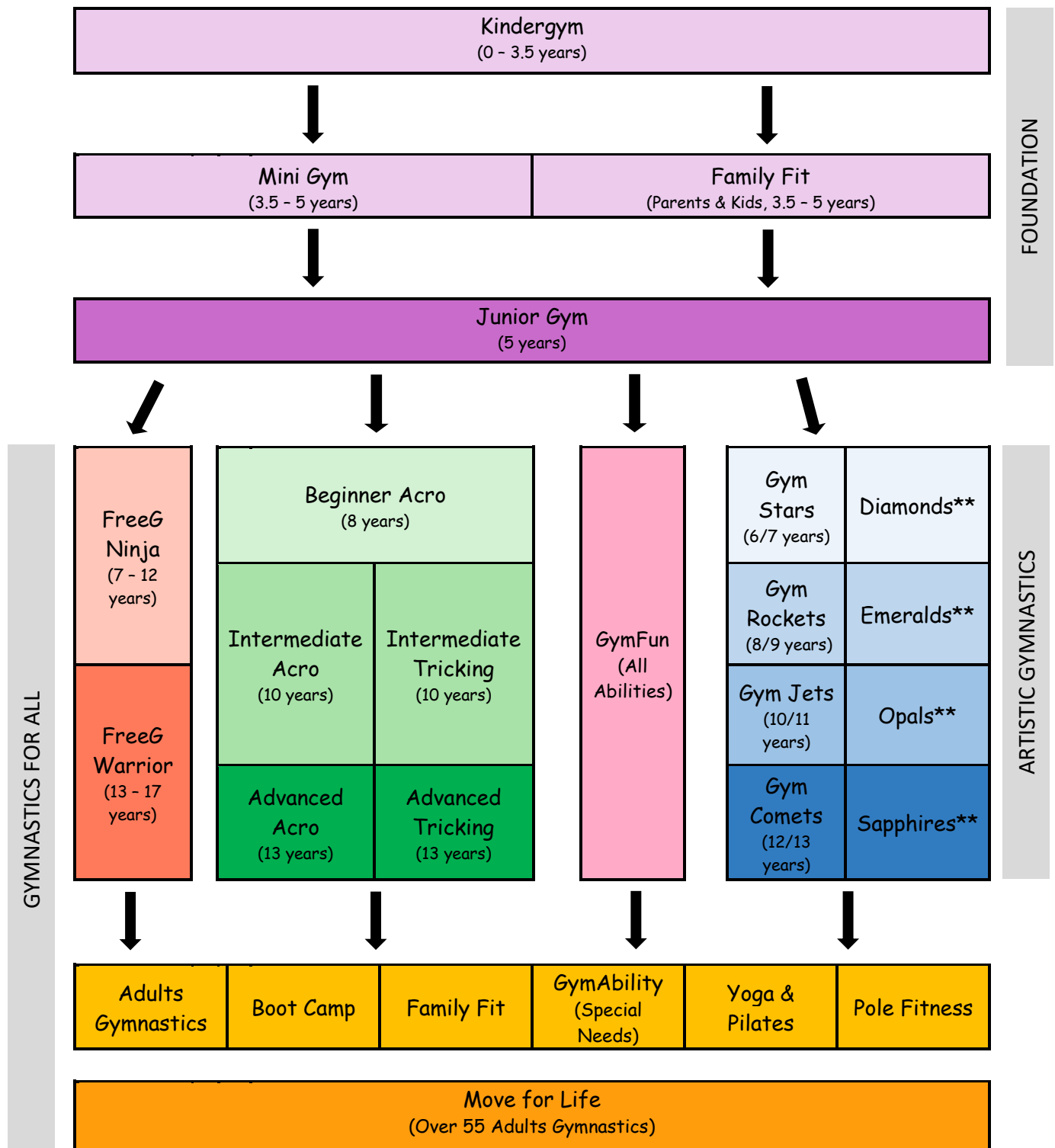


Gymnastics Class Pathways



Class levels classes are based on skills and benchmark testing. Age is just a guide for each program.

*** Children in these classes attend 2 x lessons per week at a discounted rate.*

KINDERGYM



Kindergym is a multi-movement-based program designed specifically for children 5yrs and under and their caregivers. The program promotes the development of the whole child - physically, socially, emotionally and cognitively, in a safe, structured, multi-sensory environment, indoors.

MINI GYM

This program is an extension of our Kindergym class, without parent participation for those kids needing more of a challenge. Mini Gym caters for children 3.5 - 5 years of age. The program helps the development of motor control, including co-ordination, balance, increased body awareness and enhanced social development. Mini Gym is a perfect bridging step leading into our Launchpad & Gems programs.

LAUNCHPAD

Our Launchpad gymnastics program is based on traditional boys and girls gymnastics. It promotes fundamental, inclusive programs, teaching children how to move, and move well, which is not only essential to a physically active life, but also enhances learning potential and the development of emotional and social skills. We believe that gymnastics is to sport, what the alphabet is to reading, with the initiative promoting gymnastics as the "launch pad" into life...into sports, education, health and a happy childhood. Under our new structure, classes will be based on skills and benchmarks. Age is just a guide for each program.

Junior Gym (5 yrs)

This is our foundation LaunchPad class, and is the first step into our structured, gymnastics stream. Junior Gym provides a fun and broad-based program using gymnastics skills to develop movement along with body control and self-confidence.

Gymnastics Steps Program (Gym Stars, Gym Rockets, Gym Jet & Gym Comets - 6 - 13 yrs)

Students progress through a system of steps, learning the basic skills in gymnastics in a non-competitive atmosphere. The children develop fundamental and progressive gymnastics skills on a variety of equipment. Classes involve fun and challenging activities that develop a wide range of physical attributes including strength, flexibility, balance, and coordination. Our emphasis is on the gymnast's skill development and following the path through the steps program. Regular testing and benchmarks will be set throughout the year to ensure the best progressions through the stages.

GEM PROGRAM

Diamonds, Emeralds, Opals & Sapphires (6 - 13 yrs)

Our Gem Program is based on the Launchpad step program, where children move through the stages of classes, based on the Australian National Levels Program (WAG & MAG). The Gem classes offer the same progression of learning and gymnastics skills as the LaunchPad steps, however students in these classes attend twice a week. Students learn routines and build on strength, flexibility and conditioning. Children in these classes are given the opportunity to compete within the state stream program at various local competitions throughout the region, however this is not compulsory.

ACRO

This class has a special focus on acro and tumbling skills such as handsprings, round-offs, flics, salto's and various combinations on floor, springboards and mini-tramp. Sounds like a lot of fun...don't you think?

TRICKING

Tricking is the informal name of a relatively new alternative sport movement, combining martial arts, gymnastics, and other activities to create an "aesthetic blend of flips, kicks, and twists." Tricking is recognizable by its flashy kicks, complex flips and twists.

FREEG (PARKOUR & FREE RUNNING)

Following the popular modern trend in tricking, parkour and freestyle activities, FreeG is our exciting, new program, accredited by Gymnastics Australia. FreeG blends acrobatic tricks and traditional gymnastics and gives participants the opportunity to partake in adrenaline fuelled freestyle sports in a safe, indoors environment.



ALL ABILITIES

Our All Abilities program is specifically designed for children and adults of all abilities, and students can learn and progress at their own pace. The aim of the program is to develop life skills including body awareness, confidence, self-esteem, movement foundations, strength and flexibility. Students can learn and progress at their own pace with our passionate and experienced coaches. These classes cater for children or adults with: disabilities, autism, asperges, ADHD, learning and intellectual difficulties and so much more!

Gym Fun: 5 - 17 years | Gym Ability: 18 + years

MOVE FOR LIFE (Over 55 Gymnastics Program)



Accredited by Gymnastics Queensland, Move for Life aims to incorporate all the benefits of gymnastics into a movement program for seniors which is achievable, fun and provides ongoing physical and psychological stimulation.

Move for Life programs are based around agility, mobility, strength, flexibility, balance and coordination, posture, fitness, fun and friendship. Programs can be delivered for all participants, including those less mobile or with a disability.

FAMILY FIT (MUM'S & BUBS FITNESS CLASS)

Fun fitness class for parents and their kids under 5. Parents join in with their children and get a work out, while learning some gymnastics basics along the way!

ADULTS STRENGTH & FITNESS

The adult's strength and fitness class is a circuit based program, focusing on strength, flexibility and general fitness. This indoor / outdoor class is full of variety and suitable for all fitness levels. Want to get fit in a different way, and have fun doing it? This class is for you!

ADULTS POLE FITNESS

Get fit, toned and increase your strength and flexibility. Join our experienced trainer for this fun, challenging fitness class! Classes include tricks, strength, movements around the pole and flexibility. Grab your girlfriends for a night of fun!

ADULTS YOGA & PILATES

Yoga and Pilates improves focus, strength and promotes physical and mental health and wellbeing. Our 45-minute class with a qualified instructor is designed to suit all abilities.

ADULTS GYMNASTICS

This class includes gymnastics skills, general fitness and strength. Catering for all ages and abilities, the difficulty is tailored to the individual. You are never too old to have a try! If you are an ex-gymnast or have never done gym but always wanted to be able to do a somersault or cartwheel, or you simply want to get fit, then come along and have a go!

2019 Class Schedule

Term 1

Time		Class	Hours Per Class	Age (Guide Only)	Requirements
Monday	3:30pm – 4:30pm	Mixed Junior Gym	1	5yrs	
	3:30pm – 4:30pm	Girls Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Boys Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Girls Diamonds	1	6 – 7 yrs	2/3 days per week
	3:30pm – 6:30pm	Girls Opals	3	10 – 11 yrs	2 days per week
	4:30pm – 6:30pm	Girls Emeralds	2	8 – 9 yrs	2 days per week
	4:30pm – 6:00pm	Girls Rockets	1.5	8 – 9 yrs	
	4:30pm – 6:00pm	Boys Rockets	1.5	8 – 9 yrs	
	4:30pm – 6:00pm	Boys Jets	1.5	10 – 14yrs	
	6:30pm – 7:30pm	STAFF TRAINING			

Tuesday	3:30pm – 4:30pm	Girls Junior Gym	1	5yrs	
	3:30pm – 4:30pm	Girls Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Girls Diamonds	1	6 – 7 yrs	2/3 days per week
	3:30pm – 5:00pm	Girls Gym Rockets	1.5	8 – 9 yrs	
	4:30pm – 5:30pm	FreeG Ninja	1	7 – 9 yrs	
	5:30pm – 6:30pm	FreeG Ninja	1	10 – 13 yrs	

Wednesday	3:30pm – 4:30pm	Mixed Acro – Beginner	1	8yrs	
	3:30pm – 5:30pm	Girls Emeralds	2	8 – 9 yrs	2 days per week
	4:30pm – 6:00pm	Girls Rockets	1.5	8 – 9 yrs	
	3:30pm – 6:30pm	Girls Opals	3	10 – 11 yrs	2 days per week
	4:30pm – 5:30pm	Mixed Acro – Intermediate	1	10 yrs	Min. 1 yr experience
	5:30pm – 6:15pm	Mixed Tricking – Intermediate	45 mins	10 yrs	

Thursday	9:30am – 10:30am	Kindergym	1	1 – 5yrs	
	9:30am – 10:30am	Mini Gym	1	3.5 – 5 yrs	
	3:30pm – 4:30pm	Mixed Junior Gym	1	5yrs	
	3:30pm – 4:30pm	Girls Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Boys Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Girls Diamonds	1	6 – 7 yrs	2/3 days per week
	4:30pm – 6:00pm	Boys Rockets	1.5	8 – 9 yrs	
	4:30pm – 5:15pm	Gym Fun (All Abilities)	45 mins	School age	
	4:30pm – 6:00pm	Boys Jets	1.5	10 – 14 yrs	
	6:00pm – 7:00pm STAFF TRAINING				

Friday	9:30am – 10:15am	Family Fit (Parents & Bub's)	45 mins		
	10:30am – 11:30am	Mini Gym	1	3.5 – 5 yrs	
	11:30am – 12:30pm	Move for Life (Over 55 Gymnastics)	1	ADULTs 55+	Adults aged over 55
	3:30pm – 4:15pm	Girls Acro	45 mins	10 yrs	Min. 1 yr experience
	4:15pm – 5:00pm	Girls Acro Cheer	45 mins	10 yrs	
	5:00pm – 6:00pm	Mixed Acro – Advanced	1	12 yrs	Min. 2 yrs experience
	6:00pm – 6:30pm	Mixed Tricking – Advanced	30 mins	12 yrs	Min. 2 yrs experience
	6:30pm – 7:00pm	Ninja Warrior	30 mins	12 yrs	

Saturday	9:00am – 10:00am	Kindergym	1	1 – 5yrs	
	9:00am – 10:00am	Mini Gym	1	3.5 – 5 yrs	
	10:00am – 11:00am	Mixed Junior Gym	1	5yrs	
	10:00am – 11:00am	Mixed Gym Stars	1	6 – 7 yrs	
	10:00am – 11:00am	FreeG Ninja	1	7 – 12 yrs	
	11:30am – 12:30am	Move for Life (Over 55 Gymnastics)	1	ADULTs 55+	Adults aged over 55

2019 Term 1

Fees Schedule

MDGC is now registered for GST. All prices below are GST inclusive.

Gymnastics & Recreational Programs		
Hours Per Week	Fees per week (inc GST)	Fees Term 1 (inc GST)
0.5	\$7.50	\$67.50
0.75	\$11.25	\$101.25
1	\$15.00	\$135.00
1.5	\$22.50	\$202.50
2	\$30.00	\$270.00
2.5	\$37.50	\$337.50
3	\$45.00	\$405.00
Multiple Class Discount	20% Discount applies to any multiple classes per week by an individual student. (This reduces the hourly rate to \$12 per hour)	

SPECIAL GEMS PACKAGES				
	Hours	Fees per hour	Fees per week	Fees per term
Diamonds (2 x classes per week)	2	\$10.00	\$20.00	\$180.00
Diamonds (3 x classes per week)	3	\$9.00	\$27.00	\$243.00
Emeralds (2 x classes per week)	4	\$8.00	\$32.00	\$288.00
Opals (2 x classes per week)	6	\$7.00	\$42.00	\$378.00

Registration Fees		
	Single (1 child)	Family (2 or more children)
Gymnastics & Recreational Classes	\$132.00	\$187.00 per family
Kindergym & Mini Gym	\$77.00	\$110.00 per family
Combo Family (children in Kindergym & Gymnastics)	-	\$165.00 per family
Adult Classes	\$33.00	Free registration for any adult with children already registered with the club.
<i>*The Registration Fee is an annual one-off payment, per student, that covers Public Liability and Gymnast's Insurance with Gymnastics QLD. Must be paid prior to first class for insurance purposes (This fee is non-refundable). Registration Fee includes Maintenance Levy, which assists with the club's maintenance and replacement of equipment cost.</i>		

Kindergym, Mini-Gym & Adults Classes			
Type	Single	Family Pass (2 or more children)	Description
Casual Classes (45 mins) Casual Classes (1 hour)	\$15.00 \$18.00	\$20.00 per session \$25.00 per session	Payment must be made at time of attendance.
10-Week Pass (45 mins) 10-Week Pass (1 hour)	\$120.00 \$150.00	\$165.00 \$220.00	10 - Week Pass for \$150 (\$15 per lesson) - valid all year. Once all 10 weeks have been used, a new pass can be purchased.