

Program Summary

KINDERGYM

12 months (walking) – 5 years
 45min to 1 hour class
 Once per week (Monday to Friday)
 Refer to timetable for class options

RECREATIONAL

RED

Prep / Foundation at Primary School
 1 hour class (combined boys & girls)
 Monday to Saturday

WHITE

Grade 1+, separate boys & girls' classes
 1 hour class

BLUE

Separate boys & girls' classes
By promotion or invitation
 2-hour class

TOP

By promotion or invitation
 Separate boys & girls' classes
 3-hour class

TEEN

Aged 13+ (combined boys & girls)
 2 hours, Wednesday

COMPETITIVE

GYMSTAR (GfA)

(Gymnastics for All)
 Girls and boys program

By invitation only

Hours and days based on level

NATIONAL MAG

(Men's Artistic Gymnastics)

For more information on these programs visit:

<https://vic.gymnastics.org.au/>

NATIONAL WAG

(Women's Artistic Gymnastics)

ADULT GYM

18+
 Open to all abilities, no experience necessary
 2 hours, Monday and/or Tuesday and/or Thursday

Other Programs;

SCHOOL GROUPS

Playgroups, preschools,
 kindergartens, primary and
 secondary schools

Email: info@knoxgymnastics.org.au
 or visit: sportingschools.gov.au

HOLIDAY PROGRAM & SPECIAL EVENTS

As advertised on our website,
 Facebook and Instagram

BIRTHDAY PARTIES

2hr sessions
 Sunday 10am, 12:30pm, 3pm.
 Bookings required
Subject to availability

[Birthday Party Flyer](#)