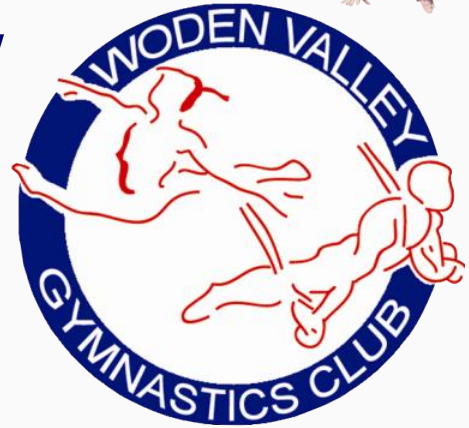




# Woden Valley Gymnastics Club



A Newsletter for our wonderful club community



## A NOTE FROM OUR PRESIDENT

Andrew Collins

What an exciting Term 2! Renovations, Local and National Competitions, Radio interviews, bumper enrolments and more socks than you would ever want to pair up in a washing basket, it seems to be all happening at WVGC! Aside from all that excitement, the Club held it's AGM on the 18th of May and elected a new committee for the next 12 months

I would like to thank all of the members who have volunteered to serve on the Committee, both past and present. In particular I would like to thank Kathy Anderson who served as Secretary for the past few years and has been a tremendous driving force for the Committee and the Club.

The new Committee is: Andrew Collins (President), Bob Loftus (VP), Gary Fisk (Treasurer), Dhammith Abeyesuriya (Secretary), Carmela Pavlic Searle, Leigh McFarlane and Renee White.

The Committee is continuing to discuss with Government and Community Groups about the Tennis Court site next door. We have a request from Minister Steel to provide evidence of community acceptance and desire for the change in the land use zone of the site. In order to fulfil this request the Committee has been developing some background information about the site and our plans with the intention to present this information to some form of public forum and survey to gauge public opinion. No doubt you'll hear more about that in the near future.

Personally I'm very excited for the mid-year break and the opportunity to travel to the National Clubs Carnival with the Club as a Judge and watch our gymnasts compete as both individuals and a Club. Fingers crossed it all goes well.

If you have any questions or ideas about Committee activities please feel free to send me an email or have a chat to any of the Committee if you see us around the Club.

Andrew Collins  
[president@wodenvalley.net](mailto:president@wodenvalley.net)

Contact the Committee - [committee@wodenvalley.net](mailto:committee@wodenvalley.net)

# A NOTE FROM OUR GENERAL MANAGER

Matt Knox

It certainly is a different feeling going into the midyear holidays this year as opposed to the uncertainty this time last year! We have had another very busy term for both our Recreational and National programs and the Club's Holiday and Birthday Programs continue to be well attended and enjoyed by all. I would like to thank all involved. It is very encouraging to see so many happy gymnasts experiencing everything our great club has to offer.

Our foyer and entrance renovations are nearing completion and we have a more spacious and functional foyer to enjoy. With the Government's COVID restrictions still in place the foyer has a capacity of 28 spectators. We understand that parents and carers want to watch their children during class, we ask that everyone please be mindful of the limit and considerate of other parents and carers. If you do attend the club, please make sure you scan in via the Check in CBR app located on the door as you enter the building. Over the coming weeks the last of the renovations should be completed. Once this happens, we will be using the new glass sliding door as our main entrance. We will communicate these changes once the area at the front of the club is cleared and ready for use.

Congratulations to all gymnast that had the opportunity to compete both at local and national events over the last 3 months. This has been a long time coming and it's great to finally get the opportunity to be challenged when putting all the training and hard work on show.

On the 18th of May the club held our Annual General Meeting at the Raiders Club in Weston. I would like to thank our outgoing committee members and welcome the new ones. We were lucky to retain most of last year's Committee members which gives the club stability as we continue to work though the club strategic objectives for the coming years. Thank you to Andrew Collins who put his hand up for his 3rd year as President. Andrew and the Committee provide great support to the club and staff, and I look forward to another successful year working together.

I would like to thank our staff, coaches, gymnasts and families for their efforts during the renovations that have taken place throughout the term. Whilst we tried to keep any interruptions to a minimum everyone was very accommodating to all the changes and interruptions they presented.

Best wishes to all and I hope everyone enjoys the School Holidays.

Matt Knox

General Manager  
matt@wodenvalley.net

First parents to sit  
on the new seats



# A NOTE FROM OUR GYMSPORTS DIRECTOR

Naomi Nye

What a difference a year makes! At the close of Term 2 we have had gymnasts competing at Local, State and National events across most Gymsports. New uniforms were rolled out across our competitive programs. Our much-anticipated renovations are nearing completion. Many of our coaching team have been busy working towards obtaining new accreditations or updating current accreditation levels. We have also had several Clubs from the region seek mentoring, training and advice from our highly trained and respected staff over the past few months. Adding all these developments to the normal operations of the Club, ensure your team at WVGC are super busy.

Our Senior National WAG and MAG gymnasts successfully completed the first state competition season since 2019. We had a number of gymnasts and 2 coaches selected to represent the ACT at Australian Championships on the Gold Coast. Not all elected to join the team, as there were many restrictions due to COVID. Those who did attend represented the ACT and the Club to a high standard, with special mention to David Kidd earning Gold and being awarded National Level 10 MAG Vault Champion and Harry Phillips earning a Bronze in MAC Level 7U Vault at his first Australian Championships.

Our TeamGym, FreeG and Performance athletes attended their first ACT competition in over 2 years. It was great to see the enthusiasm and pleasure that these gymnasts derived from finally being able to showcase their skills to families as well as receive a medal or two.

The junior WAG and MAG squads have begun their competition season with solid results. Although nerves have played a factor for all, it has been reassuring that WVGC has shown vast improvement across all levels and we look forward to seeing how they progress as the competition season continues.

The new uniforms have made an impression. The club colours and logo stand out on the competition floor and make our athletes identifiable. It is great to see all the efforts made by Administration and Program Coordinators to get these distributed. Although some issues arose due to supply disruption, all involved have done their best to have our competitive gymnasts looking great in club colours.

The renovations are nearing completion and I am sure those who have been able to see the changes will agree that the disruption has been worth it. The foyer is now a bright and welcoming space. We cannot wait till restrictions ease more and we can share the benefits of being able to view classes with parents and guardians.

Coach education and training is a priority at WVGC. We are the only club with a dedicated Education and Compliance Manager, which is reflected in the number of highly qualified and trained coaches on the floor. In addition to our coaches maintaining their accreditation through PD opportunities, we encourage the furthering of their knowledge through seeking accreditations across multiple Gymsports as well as obtaining higher qualifications to meet the strict requirements set by Gymnastics Australia.

One of our aims is to be a leader in the region. Part of this goal is to have other Clubs seek information from us to enable them to achieve best practice. This term we have had several Clubs from the ACT, NSW and beyond contact us for advice and mentoring. It has been a pleasure to assist other Clubs and we learn a lot in the process.

Term three is shaping up to be busier than ever and we relish the challenge this brings. We aim to provide our members with a welcoming and positive environment, no matter how busy we are and look forward to continuing to providing quality gymnastics coaching for all.

Naomi Nye

Gymsports Director  
naomi@wodenvalley.net





# MAG

Term 2 has been a very busy Term for our MAG Gymnasts. We had 4 MAG Level 7+ gymnasts representing the ACT at the 2021 Australian Championships on the Gold coast. Our Senior gymnasts David, Jonathan, Josh and Harry travelled to the Gold Coast with their coach Qiang and fellow ACT teammates for the Australian National Championships. Our gymnasts had a great competition showing many positive qualities in their gymnastics. Special mentions go to David in Level 10 finishing 1st on Vault and 9th Overall and Harry placing 3rd on Pommel and 7th Overall at his first National Championships. We are so proud of our senior MAG gymnasts and their coach Qiang for all their hard work and dedication leading up to National Championships.

Our MAG Level 3-5 gymnasts have started their competition season having competed at the two of three ACT trials this Term. This was the first competition in almost 2 years and the first competitions ever for a couple of our gymnasts. We have been really impressed with how well the boys have competed so far.





# MAG

Well done to all our level 3-5 gymnasts and their coaches for all their hard work. Their next competition was supposed to be National Clubs at the Gold Coast 6th - 11th July, however the event was postponed due to the COVID 19 situation unfolding in Sydney. WVGC are sending a MAG team of gymnast will be traveling to the Gold Coast for the 2021 National Clubs Carnival with their coaches and Judges, now being held in October. It is the first year we have sent a team in each category in a long while. This is an excellent opportunity for our gymnasts and for most of these gymnasts this will be their first time participating in a big event and outside of the ACT. Thank you to all of those in the WVGC community who have supported their participation in this event by purchasing socks from our Jolly Soles fundraising initiative.

On July 18th our Level 1 and 2 gymnasts will have their first invitational of the year hosted by our Club. This competition will be many of our gymnasts first competition, and they have been working very hard and are looking forward to showing off their routines to their parents.

Louise Love  
MAG Program Coordinator  
[mag@wodenvalley.net](mailto:mag@wodenvalley.net)





# GfA LEVELS

A BIG WARM WELCOME TO OUR NEW MEMBERS AND A HAPPY RETURN FOR OUR CONTINUING members!

It's been a productive term and we would like to thank all our coaches, gymnasts and parents for a great term.

Thank you everyone for a fabulous term where we had:

- Assessments
- WVGIC invitational
- Learning new skills
- Built friendships
- Learnt fundamentals
- Enjoyed a fun and safe environment

Important dates for Term 3

Term 3 Baby Sitting Night -  
Saturday 28th August

I would also like to remind everyone that we are constantly evaluating to see if your child is ready for the next group.

Our next official assessments/certificates are during Term 4.

Any questions about your child's class? Feel free to email Rosie, the Program Coordinator any time.

Rosie Iglewski  
GfA Program Coordinator  
[rosie@wodenvalley.net](mailto:rosie@wodenvalley.net)







## GfA LEVELS

During Term 2 we had a WVGC GfA Invitational where we invited some of our GfA gymnasts to attend. Everyone enjoyed and the feedback from parents was fantastic with everyone appreciating being allowed in the gym to watch. FreeG, WAG & MAG Development, Acro for fun, GfA Levels all participated.

We had over 200 athletes from WVGC, Gym Fun Tumut, and Yass gymnastics attend this busy weekend. Here are just a few photos from this event.

Please make sure to select yes for photos and videos if you want to be featured on our social media.

Our next event these classes will be our WVGC Showcase in December.

### GfA Open Levels

Dates for your diary:

Senior Practice Competition  
Saturday 17th July 4:30pm  
Start.

Senior Comp #1 Sunday  
August 1st

Senior Comp #2 Sunday  
August 29th

Open Levels End of Season  
Event Saturday 28th  
September

Our Junior Open Levels had their first ever competition on the 30th May. All the girls did very well! We had Gym Fun Tumut and Yass Gymnastics Attend this fabulous event.

Congratulations to all the Participants!

A reminder to all open levels families to be checking Team App frequently to avoid missing out on due dates and important information.

Rosie Iglewski  
GfA Program Coordinator  
rosie@wodenvally.net





## TEAMGYM

WVGC hosted the GACT GFA State Championships this term. We had 4 teams competing with Gold, Silver and Bronze awarded to the teams. The event was attended by numerous NSW CCLubs, which was a great way for our gymnasts to see what other Clubs are doing and also be amazed by some great skills and floor routines.

We have athletes from the ages of 7years to 78years competing in TeamCym. No matter your skill level, there is a team option for you. Gymnasts compete as a team across three apparatus. Floor (with acro elements), mini trampoline (including synchronised) and tumbling (performed on an airmat) All are performed to music and there is a lot of fun and teamwork involved.

Gymnasts are currently training for National Clubs on the Gold Coast in September.



## PERFORMANCE GYMNASTICS

We will be competing in Sydney and on the Gold Coast during Term 3 and 4. This is a great opportunity, and we will be defending our Gym 4 Life Champion Team title (no pressure). Due to the upcoming competition in Terms 3 and 4, Performance Team has had to reinstate a policy put on hold due to COVID. The policy states that all those enrolled in the Performance Gymnastics Team are expected to commit to the competition and performance events within the semester they are enrolled.

We understand that this policy will not suit everyone, however it is impossible for a consistent routine to be developed if we do not have gymnast committed to the events, we are training for and it is unfair on those that are committed.

Gymnasts are expected to commit to the training schedule of the Friday night training 7:30 til 9pm and any additional training (advised leading up to events.) If they are unable to attend a training session, it is an expectation and a courtesy that this is communicated with the Program Coordinator or Coach prior to the session being missed.

For more information on commitment details, please contact [WAG@wodenvally.net](mailto:WAG@wodenvally.net) or [naomi@wodenvally.net](mailto:naomi@wodenvally.net)



# KINDERGYM

The Kindergym Program has been busy, exciting, and most importantly, productive Term 2.

I would like to say a big thank you to all the wonderful families, who have worked patiently with us over the recent renovations!

Children continued classes through loud, disrupting noises, unusual fences, entries and exits and many things out of the ordinary routine.

Coaches and staff were so impressed with the children's ability to adapt to these changes and stay focused during class.

Each fortnight, new activities and circuits are creatively put together, using themes.

This term, our themes were "In the Garden", "Occupations", "Human Body", "Dreamtime stories" and lastly, "Teddybears Picnic".

In addition to all the amazing skills we work on to develop the whole child, every term, we have a specific skill that we focus on.

The skill for this term was "Spider-man Handstand". Handstands are a fundamental skill, used in all gym sports. This skill has been continually repeated, along with bunny tucks, bear walking and angry cats. These skills/movements help build body position and reinforce the correct handstand shape.

In addition to building upper body & core strength, handstands also link to one of the many Neuro-nastic skills we incorporate within classes; Stimulating the vestibular system.

The vestibular system allows children to keep their balance, maintain posture and stabilize their head/body during movements. It regulates equilibrium based on information given from the muscles, joints, and senses. This was our Neuron-nastic focus this term, along with mid-line crossing. Midline crossing involves both the left and right sides of the brain working together. Through repetition and practise, neural pathways are created, strengthened, and eventually established.

We are looking forwards to another busy term, with our first theme in Term 3 being "Dinosaurs"!

Kiara Andrew

Kindergym Program Coordinator  
kinder@wodenvalley.net





# ACRO



What an exciting term! All of our National and Development Gymnasts have been working hard to get ready for competitions at the beginning of July. They will be competing in Canberra, the Sydney Gymnastics and Aquatic Centre, and, for Level 4 and 5s, the Gold Coast. All of these competitions were sorely missed due to the COVID-19 pandemic.

We are looking forwards the beautiful new leotards arriving both from the fabulous DIGS who is supplying our ACRO training leotards and KC Leotards who supplying gorgeous individualised National ACRO competition leotards.

Our Acro For Fun Gymnasts have been working hard on new drills and skills which they got to show their families at the recent GFA invitational. It was a fantastic event and exciting for the gymnasts to show finally show their parents what they have been working on.

This Term ACRO ran another Come and Try Day. It was a fun and busy day with many children attending from all WVGC programs and outside the gym. WVGC ACRO Program hopes to make this a regular event on the calendar.

From Term 3 Acro for Fun will be available on Tuesdays from 4:00-5:30, Fridays from 4:00-5:30 and Saturdays from 11:30-1:00. We encourage all new participants to sign up for the class and use the first class as a trial. If you decide that the class is not your favourite, simply let the office know so we can free the space for another gymnast.

Rachel Brooks  
ACRO Program Coordinator  
[acro@wodenvalley.net](mailto:acro@wodenvalley.net)





Term 2 has been extremely busy for the WAG Program with Senior Gymnast Claire representing the ACT at the 2021 Australian Championships competition on the Gold Coast and our Level 3-7 Gymnasts beginning their competition season with Trials #1 & #2.

Senior Gymnast Claire and her coach Tommy travelled to the Australian National Championships on the Gold Coast to represent the ACT with fellow teammates from other ACT Clubs. Claire had a successful first day of competition with great results. She also debuted her new Yurchenko Vault for the first time in competition and qualified 3rd on Beam, which is an excellent achievement. Unfortunately, Claire was injured in warm up on day two and was unable to compete. However, we are so proud of all her hard work in the lead up to this event and of how well she represented WVGC on the National Stage. Congratulations to Claire on her achievement of being selected to participate at Nationals and to her coaches Xiaoli and Tommy for supporting her to get there.



Our youngest WAG gymnasts, the Development Squad, showcased their learning so far this term when they participated in the WVGC GFA Invitational on the 30th of May. This was an excellent opportunity for them to show how hard they have been working to learn foundation shapes and skills that will aid them as they continue to the ALP program. It has been excellent to see our youngest gymnasts continue to grow and improve this term.

The Level 3 - 7 WAG gymnasts were next to kick off their competition season. Participating in their first competition in two years. The gymnasts controlled their nerves well, demonstrating high quality skills that reflect all the hard work they have been doing with the support of their coaches over the past three terms. Congratulations to our level three gymnasts, who for many, this was their first more formal competition. Congratulations also to many of our level 4, 5, 6, and 7 gymnasts, many of whom placed within the top 6 on both individual apparatus and overall, in their divisions. A big congratulations especially to Erin, Laura and Chantel who placed first overall in Level 5 and Level 6 Senior and Level 7 Junior competitions respectively.





# WAG

During the upcoming school holidays, we were meant to have gymnasts in Levels 5, 6 and 7 travelling with coaches and judges the Gold Coast to participate in the 2021 National Clubs Carnival. This event has been postponed to September due to the recent COVID situation in Sydney. Hopefully it will go ahead as it is an excellent opportunity for our gymnasts and for many of these gymnasts this will be their first time participating away at such a large event. Thank you to all of those in the WVGC community who have supported our participation in this event by purchasing socks from our Jolly Soles fundraising initiative.

As we look forward to next term, our Level 1 and 2 gymnasts are getting excited, as the upcoming WVGC invitational will mean the first of their events for the year. These gymnasts are working hard in their classes to be ready to showcase their skills at this invitational. Due to Covid, this will be the first invitational event that most of these gymnasts have participated in. They cannot wait to put on their new competition leotards, and their coaches are excited for them to have the opportunity to showcase their skills for their families to see.

The WAG Coaching team is looking forward to another great term ahead, we can't wait to see everything it has in store!

Kaitlin Reedy  
WAG Program Coordinator.  
[wag@wodenvally.net](mailto:wag@wodenvally.net)





# WAG

Levels 3 - 5 Practice Competition, photos by Andrew Collins, our fabulous President.



# Gymnastics for All (GfA) Levels Term Dates 2021



<b>Term 1 (9 weeks)</b>	<b>February 1st - April 1st</b>
<b>Term 2</b>	<b>April 19th - 26th June</b>
<b>Term 3</b>	<b>July 12th - 18th September</b>
<b>Term 4 (11 weeks)</b>	<b>October 5th - 18th December</b>

## ENABLE GYM

No matter the age or the disability, we are willing to do our best to accommodate everyone at WVGC. As we are currently the only Club in Canberra offering a program for those with additional needs, demand for our services is high. If you are wanting to enquire about a class for yourself or a loved one, please contact [naomi@wodenvalley.net](mailto:naomi@wodenvalley.net) and we will organise a face to face meeting in the gym to see what we can offer.

Naomi Nye

Enable Gym Coordinator  
[naomi@wodenvalley.net](mailto:naomi@wodenvalley.net)







## **How to contact us:**

**Email: [office@wodenvalley.net](mailto:office@wodenvalley.net)**

**Through the contact form on our website:**

**[www.wodenvalleygymnastics.net](http://www.wodenvalleygymnastics.net)**

**Phone: 02 6287 4121**

**Follow us on Facebook and Instagram to see all of the Programs we offer:**

**Kindergym (KG)**

**Gymnastics for All Levels (GfA)**

**TeamGym (TG)**

**Acrobatics (ACRO)**

**Groove and Move (Over 50's)**

**Women's Artistic Gymnastics (WAG)**

**Men's Artistic Gymnastics (MAG)**

**Free G/ Parkour**

**Adult Gym**

**Performance Gymnastics**

**Enable (Special needs Program for children and young adults with additional needs)**

**Holiday Program**

**GFA Open Levels (Semi Competitive)**

**[www.wodenvalleygymnastics.net](http://www.wodenvalleygymnastics.net)**



Women's Artistic  
Gymnastics



Men's Artistic  
Gymnastics



Gymnastics  
for All



Trampoline  
Gymnastics



Acrobatic  
Gymnastics

## Groove and Move

Our Groove and Mover over 50's gymnasts have had a busy term. Our regular training class on a Monday has had an increase in numbers, which is great to see. We cater for all needs and adapt skills and apparatus to suit the individual.

For those wanting a bigger challenge, we have our Groove and Move Performance Team who compete at Club, State, Interstate, National and International competitions and events. They are always having a great time no matter the results. After recently competing at the ACT State Championships, they are now preparing to compete at National Clubs on the Gold Coast. All agree, they are an inspiration



## June is Pride Month

At Woden Valley Gymnastics we are an inclusive Club embracing participation for all ages, genders, abilities and sexual diversities.

We would like to recognise that it is currently Pride Month.

Pride Month celebrates the diversity of the LGBTQI+ community. It's a time to reflect on how far civil rights have progressed and continue to strive towards true equality and inclusion for LGBTQI + people.

For LGBTQI + people it is a way of protesting discrimination and violence. It promotes their dignity, equal rights, self-affirmation and is a way of increasing society's awareness of the issues they face.

As a Club we look forward to a future where Gymnastics embraces all genders across all Gymsports!





# Renovations

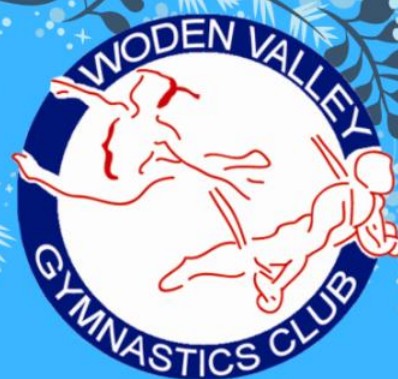
Term 2 was made even busier by all of the adapting that the Club Administration had to do. Some of the improvements that were completed or soon to be completed are:

- Demolished the stage
- Widened the hallway
- Re-worked the Pommel and P-Bars apparatus area
- Installed tiered seating for better viewing
- Made over the main admin office and made improvements to storage
- Installing an awning at the front of the building
- Putting in new paths out the front and installing a garden wall and seating area out the front
- Made over the kitchen
- Installing new signage to increase our visibility and street presence





# 2021 Winter Holiday Program



Every weekday in July Holidays

**Ninja Warrior: 9 am - 11 am \$30**

**Gymsportz: 11.30 am - 4 pm \$60**

**Full Day (Ninja Warrior + Gymsportz)**

**from 8 am - until 6 pm (formal activities are 9 am - 4 pm) \$100**

**Kindergym: Wednesdays and Fridays**

**9.30 am - 10.45 am**

**Gymsportz Schedules:**

**Mondays: General Gymnastics**

**Tuesdays: Trampoline and Tumbling**

**Wednesdays: Acrobatics and**

**TeamGym**

**Thursdays: Free G**

**Fridays: Rythmic and Performance  
Gymnastics**



## Afternoon Activities Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1 28 - 2 July	Reptiles	Art - Painting	Bricks4Kidz	Foam Tower Building	Team Battle Games
Wk 2 5 - 9 July	Party	Bricks4Kidz	Outdoor Scavenger Hunt	Cubby House Building	Canberra Reptile Zoo

**live  
love  
stretch**

**Strength,  
balance +  
flexibility  
for adults**

## Let me help you get back into things

Join me coach Monique Allen, Olympic gymnast here at the gym for some fun gymnastic inspired strength, balance + flexibility classes. All fitness levels welcome.

**Location** 27 Mulley Street, Holder ACT

**Cost** \$320 per 10 weeks, based on school term dates. Casual and corporate prices on enquiry.

**Email** [support@gymbody.com.au](mailto:support@gymbody.com.au) for class times, days and availability.





# Woden Valley Gymnastics Club

## 2021 Kindergym Timetable



All children under Kindergarten age require a parent on the floor with them

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baby Gym 9m - 2 yrs					9.15 - 10.05	
Gym Fun 2-3 yrs	9.30 - 10.20	9.30 - 10.20	9.30 - 10.30	9.30 - 10.30	10.15 - 11.05	8.30 - 9.20 9.30 - 10.20
Mixed Ages	10.30 - 11.30				11.15 - 12.15	
Junior Gym 4-5 yrs	11.30 - 12.30	10.30 - 11.30	10.30 - 11.30	12.00 - 1.00	12.15 - 1.15	8.30 - 9.30 9.30 - 10.30

Baby Gym:  
9 months - 24 months

Gym Fun:  
2 & 3 years

Junior Gym:  
4 & 5 years

Mixed Ages  
Bring more than 1 child



27 Mulley Street, Holder ACT 2611



02 6287 41 21



office@wodenvalley.net



www.wodenvalleygymnastics.net

### Term Dates 2021

Term 1: 1 Feb - 1 Apr  
Term 2: 19 Apr - 25 June  
Term 3: 12 Jul - 17 Sep  
Term 4: 5 Oct - 17 Dec

Price Guide:  
50 min class: \$215  
1 hour class: \$241

Term 1 & 2 Reg & Ins  
\$100  
Equipment Levy  
\$10  
10% off per sibling

One off paid trials available



Register on our online booking system 'GymnasticsBiz' if you'd like to enroll. The link can be found on the homepage of our website.



# Woden Valley Gymnastics Club

## 2021 GfA Levels Class Timetable



Register on our online booking system 'GymnasticsBiz' if you'd like to enroll. The link can be found on the homepage of our website.

### Term Dates

Term 1:  
3 Feb - 1 Apr  
Term 2:  
19 Apr - 25 June  
Term 3:  
12 Jul - 17 Sep  
Term 4:  
5 Oct - 17 Dec

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI GIRLS	4pm - 5pm	4pm - 5pm	4pm - 5pm	4pm - 5pm	4pm - 5pm	8.30 - 9.30 9.30 - 10.30 10.30 - 11.30
JUNIOR GIRLS	5pm - 6pm	5pm - 6pm	5pm - 6pm	5pm - 6pm	5pm - 6pm	10.30 - 11.30
SENIOR GIRLS	6pm - 7.30pm	6pm - 7.30pm	6pm - 7.30pm	6pm - 7.30pm	6pm - 7.30pm	10.30am - 12.00pm
MINI BOYS	4pm - 5pm	4pm - 5pm	4pm - 5pm	4pm - 5pm		8.30 - 9.30 9.30 - 10.30
JUNIOR BOYS		5pm - 6pm		5pm - 6pm		10.30 - 11.30
SENIOR BOYS		6pm - 7.30pm		6pm - 7.30pm		
TEAMGYM & PERFORMANCE (Competitive)			JUNIOR TEAM (Primary) 6.30pm - 7.30pm		PERFORMANCE 7.30pm - 9.00pm	
ACRO FOR FUN		4pm - 5.30pm			4pm - 5.30pm	11.30am - 1.00pm
FREE G (Secondary) 7.30pm - 9pm						(Primary) 11.30am - 12.30pm

Price Guide:  
1 Hour classes: \$241  
1 1/2 Hour classes: \$291  
2 Hour classes: \$347  
Performance Team: \$75

Registration and Insurance with Gymnastics Australia:  
\$100 (Terms 1 & 2)  
\$60 (Term 3)  
\$30 (Term 4)  
\$10 Equipment levy



office@wodenvalley.net



02 6287 41 21



www.wodenvalleygymnastics.net/



27 Mulley St Holder,  
ACT 2611

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# Adult Gym

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**Tuesday 8.00 - 9.30 pm**

**-**

**Thursday 7.30 - 9.00 pm**