

Northern Beaches

RHYTHMIC GYMNASTICS

- All classes are held at Beacon Hill Public School Hall, 6 Tristram Road, Beacon Hill.
- ALL Recreational classes + Mini, Junior & Intermediate Competitive classes can be enrolled into freely using the "Join Our Club" function via the website.
- Senior RG Competitive can be enrolled into if your child is 13+ and new to RG or has progressed up from Intermediate RG.
- If your child has past experience from another Club please contact the Club Owner directly to discuss and ensure they enrolled in the correct classes (admin@northernbeachesrg.com).

RECREATIONAL Classes on Offer	
Mini Rec. (Ages 4-6)	Tuesday - 3:30pm to 4:30pm Saturday - 9:30am to 10:30am
Junior Rec. (Ages 7-9)	Tuesday - 3:30pm to 5:00pm Saturday - 9:30am to 11am
Intermediate Rec. (Ages 10-12)	Wednesday - 3:30pm to 5:30pm Saturday - 9:30am to 11:30am
Senior Rec. (Ages 13+)	Wednesday - 4:00pm to 6:30pm Saturday - 11:30am to 2pm

COMPETITIVE Classes on Offer	
Mini Comp. (Ages 4-6)	N/A
Junior Comp. (Ages 6-9) / (Levels 1-3)	Tuesday - 3:30pm to 5:30pm Saturday - 9:30am to 11:30am
Intermediate Comp. (Ages 10-12*) / (Levels 2-4) *Younger ages by invitation OR past experience <u>only</u> .	Wednesday - 3:30pm to 6pm Saturday - 9:30am to 12pm
Senior Comp. (Ages 13+) / (Levels 4+) *Higher Levels by invitation OR past experience <u>only</u> . If higher level, contact Club Owner Directly before enrolling	Tuesday - 4pm to 7pm Wednesday - 4pm to 7pm Saturday - 11:30am to 3:30pm

*Ages determined by how old the Gymnast is turning/has turned this year. I.e. 4 = 3 turning 4 or has already turned 4 in 2022.

- Recommended training hours for Competitive Gymnasts per week as per the Gymnastics Australia *Australian Levels Program*:

Junior	1-2 sessions of 1.5 hours
Intermediate	2-3 sessions of 2 hours
Senior	3-4 sessions of 3 hours

- 2022 Term Dates:

Term 1	Term 2	Term 3	Term 4
N/A in 2022	03 May - 02 July (9 Weeks)	19 July - 24 September (10 Weeks)	11 October - 17 December (10 Weeks)

* Holiday Training Sessions may also become available. Notification will be sent via e-mail.