

## OUR MISSION

Gymnastics Waitara's mission is to create a safe, positive environment that challenges every participant regardless of their level of ability.

To offer skilled and professional training and feedback that enhances athletic performance and self esteem – making learning new skills easier and more fun and allowing every participant the opportunity to reach their full potential.

To build self-confidence, team spirit and a sense of belonging that will allow experiences at Gymnastics Waitara to contribute to a happier, healthier and more positive outlook to our member's future lives.



17 PRINCESS STREET  
WAITARA 4320

Phone: 06 754 8292

Website: [www.gymnasticswaitara.co.nz](http://www.gymnasticswaitara.co.nz)

Hayley Jury

Phone: 027 867 1806

E-mail: [hayley@gymnasticswaitara.co.nz](mailto:hayley@gymnasticswaitara.co.nz)



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**IG: GYMNASTICS\_WAITARA**

## CLASS DESCRIPTIONS

### GYM FOR ALL (GFA)

Designed for all levels of ability or just having fun, GFA is about developing Fundamental Movement Skills which form the basis of all sports by providing children with a solid foundation of strength and skill. It helps children develop co-ordination and gain confidence.

### PRE COMP

For those that show promise and skills necessary to be competition Gymnast. This is often a progression from Recreational classes and offers specialised coaching that prepares the gymnast for the competitive environment.

### ADVANCED GFA

This is an advanced programme that further progresses new skills and combines new combinations of moves into routines.

### COMPETITIVE GYM

Competitive Gym is for Male and Female Gymnasts who compete regionally and nationally against other clubs from around the country following the New Zealand national Programme.

### AEROBICS

Sport Aerobics is a sport based on the ability to perform continuously complex and high intensity movement patterns to music, which originate from traditional aerobic dance.

### TINY TOTS

A fun packed programme designed for children aged 2– 5yrs. These classes focus on learning the Fundamental Movement Skills which form the basis of all sports in an energetic environment.

### TUMBLING

Gymnasts perform multiple somersaults and twists, down a 25m straight track, showing control, skill and maintenance of tempo.

### PARKOUR

Is a training discipline using movement developed from military obstacle course training. Parkour includes running, climbing, swinging, vaulting, jumping and rolling.

## WEEKLY GFA SCHEDULE 2019



DAY	TIME	CLASS	AGES
MON	10.00-11 AM	TINY TOTS/ PRE SCHOOL	Ages 2-5 \$8
TUE	4.30-5.30 PM	JUNIOR GFA	Ages 4-7
	5.30-6.30 PM	SENIOR GFA	Ages 8+
	5.30-6.30 PM	BOYS GFA CLASS	Ages 7+
	6.30-7.30 PM	SENIOR REC TUMBLING	Ages 10+
WED	3.45-4.30 PM	JUNIOR GFA	Ages 4-7
	4.30-5.30 PM	JUNIOR REC TUMBLING	Ages 6-9
	6.30-7.30 PM	SENIOR REC TUMBLING	Ages 10+
	5.30-6.30 PM	INTERMEDIATE PARKOUR	Ages 7+
	7.00-8.00 PM	OPEN CLASS TRAINING	Ages 13 + \$10
	4.00-5.30 PM	PRE COMP ARTISTIC	Ages 5 +
	5.30-6.30 PM	ADVANCED GFA	Ages 7 +
	6.30-7.30 PM	ADULTS CLASS	Ages 15+ \$10
	7.30-8.30 PM	TEAM GYM	Ages 10 +
FRI	10.00-11 AM	TINY TOTS/ PRE SCHOOL	Ages 2-5 \$8
	4.30-5.30 PM	JUNIOR PARKOUR	Ages 7 +
	5.30-6.30 PM	JUNIOR GFA	Ages 4-7
	5.30-6.30 PM	ADVANCED TRICKING PARKOUR	Ages 10 +
	6.30-7.30 PM	SENIOR GFA	Ages 8+
SAT	9.00-10.00AM	JUNIOR GFA	Ages 4-7