

Timetable T4, 2026



Recreational Gymnastics Programs

	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre School Programs							
Baby Gym	6mths to walking				1pm – 1.45pm		
Kindergym	Walking – 5 yrs	9:15am – 10:15am	9:15am – 10:15am	9:15am – 10:15am	9:15am – 10:15am	9:15am – 10:15am	
		10:30am – 11:30am	10:30am – 11:30am	10:30am – 11:30am	10:30am – 11:30am	10:30am – 11:30am	
Parent & Child Jnr Gym	4yrs – 5yrs	11:30am – 12:30pm	11:30am – 12:30pm	11:30am – 12:30pm	11:30am – 12:30pm	11:30am – 12:30pm	
Recreational Gymnastics Programs							
Gymnastics Bronze 4-6yrs	4-6yrs	4pm – 5pm 5pm – 6pm	4pm – 5pm 5pm – 6pm	4pm – 5pm 5pm – 6pm	4pm – 5pm 5pm – 6pm	4pm – 5pm 5pm – 6pm	8am – 9am 9am – 10am
Gymnastics Bronze 7-12yrs	7- 12yrs	5pm-6pm	4pm – 5pm	4pm-5pm	4pm – 5pm	4pm-5pm	8am-9am 9am-10am
Gymnastics Silver	5 – 12yrs	4pm – 5pm 5pm – 6pm	4pm – 5pm 5pm – 6pm	4pm – 5pm 5pm – 6pm	4pm – 5pm 5pm – 6pm	4pm – 5pm 5pm – 6pm	8am – 9am 9am – 10am
Gymnastics Gold	5 – 12yrs	4pm – 5.30pm 5pm – 6.30pm 5.30pm – 7pm	4pm – 5.30pm 5.30pm – 7pm	4pm – 5.30pm 5pm – 6.30pm	4pm – 5.30pm 5pm – 6.30pm 5.30pm – 7pm	4pm – 5.30pm 5.30pm – 7pm	10am – 11.30am
Teen Gym	12yrs – 17yrs		5pm – 6.30pm	5pm – 6.30pm	6pm – 7.30pm		10am – 11.30am
Adult Gym	18yrs +	6:30pm – 8pm		6:30pm – 8pm			
Gym Mobility	5yrs – 17yrs					3.15pm – 4pm	

Development & Competition Squad Program

	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Men's Artistic Gymnastics							
MAG Development	5yrs - 7yrs		4pm - 6pm		4pm - 6pm		
Squad MAG	Levels 1-2	4.30pm - 7.30pm		4.30pm - 7.30pm		4.30pm - 7.30pm	
	Levels 3 +	4.30pm - 8pm		4.30pm - 8pm		4.30pm - 8pm	8am - 11am
Women's Artistic Gymnastics							
WAG Development	5yrs - 7yrs		4pm - 5.30pm		4pm - 5.30pm	4pm - 5.30pm	
	8yrs +		5.30pm - 7.30pm		5.30pm - 7.30pm	5.30pm - 7.30pm	
Squad WAG	Level 2		4.15pm - 6.45pm		4.15pm - 6.45pm	4.15pm - 6.45pm	9.30am -12pm
	Level 3	4.15pm - 7.15pm		4.15pm - 7.15pm		4.15pm - 7.15pm	9.30am -12.30pm
	Levels 4 +	4.15pm - 8pm		4.15pm - 7.15pm		4.15pm - 8pm	9.30am -12.30pm

Terms and Conditions

BOOKINGS

Bookings are subject to current availability. Classes are booked by selecting a day and time for the 10-week term and attending that session each week. If numbers don't meet the minimum requirements HSC reserves the right to modify program timetable

MAKE UP CLASSES

Kindergym members can access make up lessons within the term on sufficient notification of absence (must be notified prior to class via phone call or email). **Please note that make up lessons are not guaranteed and are subject to program dates / times and available positions.** Bookings are essential for all make up lessons.

Recreational Members can access a make-up lesson within the term on sufficient notification of absence (at least 1-day prior notice of absence) if they are up-to-date with class fees. **Make-up lessons are not guaranteed and are subject to program dates / times and available positions.** Make-up lessons do not roll over from the current term to the next. Bookings are essential for all make-up lessons.

Competition Members make-up classes are **granted subject to availability.** Credits may be applied for **extended absences must be discussed and approved by management for a credit to be applied for use at a later date.**

HOW TO BOOK MAKE UP CLASSES: Please call or email the centre to book a makeup lesson.