

Program Timetable T4, 2026

	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pres School Programs							
Tiny Tumblers	4- 5yrs	11.30am - 12.30am		10.30am - 11.30am			
Recreational Tramp & Tumbling							
Bronze	5yrs - 12 yrs	4pm - 5pm (TRP Only)		4pm - 5pm (TUM Only)			8.30am - 9.30am (TRP only)
Bronze *TRP, TUM, DMT	6yrs - 12 yrs	4pm - 5.30pm		4pm - 5.30pm			8.30am - 10am
Silver	6yrs - 12 yrs	4.30pm - 6pm	4.30pm - 6pm		4.30pm - 6pm	4.30pm - 6pm	
Gold	6yrs - 12 yrs			5.30pm - 7.30pm			
Teen Tramp	13yrs -17yrs						10am - 12pm
Aerial Movement & Freestyle	7yrs+				6pm - 7.30pm		
Adult Trampoline	17yrs+			6pm - 8pm		6pm - 8pm	
Tramp Mobility	5-17yrs			3.15pm - 4.00pm			1:15pm - 2:00pm
Adult Mobility	18yrs+					12:45pm - 1:30pm	

Development - Trampoline & Tumbling

	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Development							
Development 3x/week	5-8yrs			4pm - 6pm		4pm - 6pm	8.00am - 10.00am

Squads Trampoline

Tumbling

	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumbling Squads							
Squads 4x/week	Selection	5pm – 7.30pm	1pm – 3.30pm 5pm – 7.30pm	5pm – 7.30pm	1pm – 3.30pm 5pm – 7.30pm	5pm – 7.30pm	10am – 12.30pm 2pm – 4.30pm

Trampoline & Double Mini

	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trampoline/DMT Squads							
Squad 4x/week	Selection	5pm – 7.30pm	1pm – 3.30pm 5pm – 7.30pm	5pm – 7.30pm	1pm – 3.30pm 5pm – 7.30pm	5pm – 7.30pm	10am – 12.30pm 2pm – 4.30pm

Squad Individual Extra Day – Coach approval required

	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TUM/TRP/DMT							
Squad 4x/week	Selection	5pm – 7.30pm	1pm – 3.30pm 5pm – 7.30pm	5pm – 7.30pm	1pm – 3.30pm 5pm – 7.30pm	5pm – 7.30pm	10am – 12.30pm 2pm – 4.30pm

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. Participants may join mid term and fees will be prorated

MAKE UP CLASSES

Please note that make up lessons are not guaranteed and are subject to program dates, times, available positions and our makeup lesson policy

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 do not roll over from the current term to the next.

Competition Members make-up classes are **not available** for competition programs due to the structured nature of training fees have been structured. Any extended absence must be discussed with management and approved credit applied.

HOW TO BOOK MAKE UP CLASSES

Bookings are essential for all make-up lessons. Please call or email the centre to book a makeup lesson