



WOKING

GYMNASTICS CLUB

RECREATIONAL CLASSES

MONDAY		
15.45-16.30	BEGINNER	School Reception– Year 1
16.00-17.00	NOVICE 1	School Year 1 & 2
16.30-17.30	NOVICE 2	School Year 3 & 4
17.00-18.00	NOVICE 3	School Year 5 & 6
17.30-19.00	INTERMEDIATE 1	Age 7-10 Years
18.00-19.30	INTERMEDIATE 2	Age 10-13 Years
19.00-21.00	ADVANCED 2	Age 12 + Years
19.30-21.00	INTERMEDIATE 2	Age 10 –13 Years
TUESDAY		
15.45-16.30	BEGINNER	School Reception–Year 1
16.00-17.00	NOVICE 1	School Year 1 & 2
16.30-18.00	INTERMEDIATE 1	Age 7 –10 Years
WEDNESDAY		
11:30-13:00	HOME ED GYM	Age 6–15 years
15.45-16.30	BEGINNER	School Reception–Year 1
16:00-17:00	NOVICE 1	School Year 1 & 2
16.30-17.30	NOVICE 2	School Year 3 & 4
17.00-18.00	NOVICE 3	School Year 5 & 6
20.00-21.00	FREESTYLE	Age 8-17 Years
THURSDAY		
15.45-16.30	BEGINNER	School Reception– Year 1
16.00-17.00	NOVICE 1	School Year 1 & 2
16.30-17.30	NOVICE 2	School Year 3 & 4
17.00-18.30	INTERMEDIATE 1	Age 7 –10 Years
17.30-19.00	INTERMEDIATE 2	Age 10-13 Years
18.30-20.30	ADVANCED 1	Age 8 –11 Years
19.00-21.00	ADVANCED 2	Age 12 + Years
20.00-21.30	TEEN GYM	Age 14 + Years
FRIDAY		
15.45-16.30	BEGINNER	School Reception– Year 1
16.00-17.00	NOVICE 1	School Year 1 & 2
16.30-17.30	NOVICE 2	School Year 3 & 4
SUNDAY		
16.00-17.00	FREESTYLE/TRICKING	Age 8-17 Years
17.00-18.00	FREESTYLE (Pay as you go)	Age 8-17 Years
18:00-19:00	FREESTYLE (Pay as you go)	Age 8-17 Years

RECREATIONAL CLASSES

7 January - 5 April

	NO. WEEKS	CLASS COST	MEMBERSHIP	TOTAL	200 CLUB (optional)	TOTAL COST
BEGINNERS						
FULL TERM	13	£84.50	£26	£110.50	£6.00	£116.50
NOVICE						
FULL TERM	13	£87.75	£26	£113.75	£6.00	£119.75
INTERMEDIATE						
FULL TERM	13	£123.50	£26	£149.50	£6.00	£155.50
ADVANCED						
FULL TERM	13	£156	£26	£182	£6.00	£188
FREESTYLE						
FULL TERM	13	£71.50	£26	£97.50	£6.00	£103.50
FREESTYLE/TRICKING						
FULL TERM	13	£81.25	£26	£107.25	£6.00	£113.25

- BEGINNERS** Introduction to basic shapes and the fundamentals of gymnastics
- NOVICE 1** Reinforcement of basics and skill development
- NOVICE 2** Skill development and skill linking
- NOVICE 3** Skill challenges on apparatus
- INTERMEDIATE 1** Progression to linking skills and introduction of tumbling
- INTERMEDIATE 2** Further tumbling and the introduction of advanced skills
- ADVANCED 1** Introduction to more complex skills
- ADVANCED 2** Linking complex skills on apparatus
- TEEN GYM** Gymnasts work towards specific skills of their choice
- FREESTYLE/
TRICKING** Acrobatic work influenced by martial arts techniques
- FREESTYLE** Acrobatic floor and vault work incorporating aspects of free running & parkour
- FREESTYLE DROP-IN** £6.50 per session. Call us the week before to book on to a session.
- HOME ED GYM** £10 per session. Drop-in sessions for home educated children. Payment can be made on the day

ALL CLASSES ARE PAID FOR UPFRONT. IF YOU CHOOSE TO LEAVE US BEFORE THE END OF TERM, FEES ARE NON-REFUNDABLE.

PRICES SHOWN ARE FOR A FULL TERM. IF YOU JOIN US MID-TERM PLEASE ASK AT RECEPTION FOR CLASS COSTS.

BRITISH GYMNASTICS (BG) INSURANCE IS COMPULSORY. (Registration of membership is £17.00, visit www.british-gymnastics.org)

ENTER THE 200 CLUB FUNDRAISING RAFFLE TO WIN CASH PRIZES WHILE HELPING RAISE MONEY FOR NEW EQUIPMENT!