

Learning Content 2021

Prices are based on a 10-week Term. Our club is an Opt Out club, all new members are required to pay a \$25 bond to secure a space in the club for a whole year (unless you decide to opt out, and the \$25 will be refunded)

<p>KIWIGYM (4-5 YEARS) 45 MIN</p>	<ul style="list-style-type: none"> • 7 fundamental movement patterns • Setting up the children with key basic skills to take onto higher levels or other sporting activities • Tests on Kiwi Badge system level 1-2
<p>GYM FUN FOR ALL (5-7 YEARS) 1 HOUR</p>	<ul style="list-style-type: none"> • 7 fundamental movement patterns • Mixture of movement patterns, basic skills, co-ordination activities, safe landings • Setting up children with key basic skills to take onto higher levels or other sporting activities • Tests on Kiwi Badge system level 3 & 4
<p>GYMSTARS (5-7 YEARS) 1.5 HOURS</p>	<ul style="list-style-type: none"> • Basic skill development, sequencing and artistry across Vault/Bar/Beam/Floor • Encouraged to participate in recreation competitions and fun festivals throughout the year • Tests on Gymstars Level 1 & 2
<p>GYMSTARS ADVANCED 1.5 HOURS (Invitational Class)</p>	<ul style="list-style-type: none"> • Advanced skill development, sequencing and artistry across Vault/Bar/Beam/Floor • Encouraged to participate in recreation competitions • Tests on Gymstars Level 3 & 4
<p>TWISTERS (8-11 YEARS) 1.5 HOURS</p>	<ul style="list-style-type: none"> • A wider range of skill development, sequencing and artistry across Vault/Bar/Beam/Floor • Encouraged to participate in recreation competitions and fun festivals throughout the year • Tests on Twisters Level 1 & 2
<p>TWISTERS ADVANCED 1.5 HOURS (Invitational Class)</p>	<ul style="list-style-type: none"> • Twisters advanced will be more athlete centred learning. With a wide range of different skills being learnt. • Encouraged to participate in recreation competitions • Tests on Twisters Level 3 & 4
<p>HIGHFLYERS JUNIOR (Invitational Class) 2 HOURS</p>	<ul style="list-style-type: none"> • Extra skill development and routines • Athlete centred learning. • Strength and conditioning • A challenge for those who wish to learn extra gymnastics skills using all apparatuses. • Test on Flyers Level 1
<p>HIGHFLYERS INTERMEDIATE (Invitational Class) 4 HOURS</p>	<ul style="list-style-type: none"> • Advanced movement skills • Athlete centred on what they want to learn • Uses all apparatuses • Extended recreational class for those that want to come twice a week and learn extra skills and gymnastics. • Tests on Flyers Level 1 & 2
<p>HIGHFLYERS SENIOR (Invitational Class) 5 HOURS</p>	<ul style="list-style-type: none"> • A range of different skills for our older participants • Athlete centred, led by what participants wish to achieve • Rec Tech incentive programme which will develop skills necessary for competitions • Encouraged to participate in recreation competitions and fun festivals throughout the year • Tests on Flyers Level 2, 3 & 4

<p>HIGHFLYERS BOYS (9+ YEARS) 2 HOURS</p>	<ul style="list-style-type: none"> • A range of skills for our older boy participants, following on from our Gymstar Boys class • Athlete centred, led by what participants wish to achieve • Rec Tech incentive programme which will develop skills necessary for competitions • Encouraged to participate in recreation competitions and fun festivals throughout the year • Test on Flyers Level 1, 2, 3 & 4
<p>TUMBLING (MIXED) 1 HOUR (Junior) 1.5 HOURS (Invitational Class)</p>	<ul style="list-style-type: none"> • Great for kids interested in acrobatics/tumble only • Taught only one apparatus • Requires a number of different elements of fitness and skills • Encouraged to participate in recreation competitions and fun festivals throughout the year • Entry is by assessment only

Please enrol online for our classes. To enquire about our invitational classes please email info@franklingymsports.co.nz