

# 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><b>KIWIGYM (4-5 YEARS)</b> 45 MIN</p>	<ul style="list-style-type: none"> <li>• 7 fundamental movement patterns</li> <li>• Setting up the children with key basic skills to take onto higher levels or other sporting activities</li> <li>• Tests on Kiwi Badge system level 1-2</li> </ul>
<p><b>GYM FUN FOR ALL (5-7 YEARS)</b> 1 HOUR</p>	<ul style="list-style-type: none"> <li>• 7 fundamental movement patterns</li> <li>• Mixture of movement patterns, basic skills, co-ordination activities, safe landings</li> <li>• Setting up children with key basic skills to take onto higher levels or other sporting activities</li> <li>• Tests on Kiwi Badge system level 3 &amp; 4</li> </ul>
<p><b>GYMSTARS (6-8 YEARS)</b> 1.5 HOURS</p>	<ul style="list-style-type: none"> <li>• Basic skill development, sequencing and artistry across Vault/Bar/Beam/Floor</li> <li>• Encouraged to participate in recreation competitions and fun festivals throughout the year</li> <li>• Tests on Gymstars Level 1 &amp; 2</li> </ul>
<p><b>GYMSTARS ADVANCED</b> 1.5 HOURS (Invitational Class)</p>	<ul style="list-style-type: none"> <li>• Advanced skill development, sequencing and artistry across Vault/Bar/Beam/Floor</li> <li>• Encouraged to participate in recreation competitions</li> <li>• Tests on Gymstars Level 3 &amp; 4</li> </ul>
<p><b>TWISTERS (9-11 YEARS)</b> 1.5 HOURS</p>	<ul style="list-style-type: none"> <li>• A wider range of skill development, sequencing and artistry across Vault/Bar/Beam/Floor</li> <li>• Encouraged to participate in recreation competitions and fun festivals throughout the year</li> <li>• Tests on Twisters Level 1 &amp; 2</li> </ul>
<p><b>TWISTERS ADVANCED</b> 1.5 HOURS (Invitational Class)</p>	<ul style="list-style-type: none"> <li>• Twisters advanced will be more athlete centred learning. With a wide range of different skills being learnt.</li> <li>• Encouraged to participate in recreation competitions</li> <li>• Tests on Twisters Level 3 &amp; 4</li> </ul>
<p><b>HIGHFLYERS JUNIOR</b> (Invitational Class) 2 HOURS</p>	<ul style="list-style-type: none"> <li>• Extra skill development and routines</li> <li>• Athlete centred learning.</li> <li>• Strength and conditioning</li> <li>• A challenge for those who wish to learn extra gymnastics skills using all apparatuses.</li> <li>• Test on Flyers Level 1</li> </ul>
<p><b>HIGHFLYERS INTERMEDIATE</b> (Invitational Class) 4 HOURS</p>	<ul style="list-style-type: none"> <li>• Advanced movement skills</li> <li>• Athlete centred on what they want to learn</li> <li>• Uses all apparatuses</li> <li>• Extended recreational class for those that want to come twice a week and learn extra skills and gymnastics.</li> <li>• Tests on Flyers Level 1 &amp; 2</li> </ul>
<p><b>HIGHFLYERS SENIOR</b> (Invitational Class) 5 HOURS</p>	<ul style="list-style-type: none"> <li>• A range of different skills for our older participants</li> <li>• Athlete centred, led by what participants wish to achieve</li> <li>• Rec Tech incentive programme which will develop skills necessary for competitions</li> <li>• Encouraged to participate in recreation competitions and fun festivals throughout the year</li> <li>• Tests on Flyers Level 2, 3 &amp; 4</li> </ul>

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

Please enrol online for our classes. To enquire about our invitational classes please email [info@franklingymsports.co.nz](mailto:info@franklingymsports.co.nz)