

Learning Content 2019

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)

KIWIGYM (4-5 YEARS) 45 MIN \$112.50	<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
GYM FUN FOR ALL (5-7 YEARS) 1 HOUR \$145.50	<ul style="list-style-type: none"> • 7 fundamental movement patterns • Mixture of movement patterns, basic skills, co-ordination activities, safe landings • Setting up the children with key basic skills to take onto higher levels or other sporting activities • Kiwi Badge system level 1-4
GYMSTARS (5-7 YEARS) 1.5 HOURS \$162.00	<ul style="list-style-type: none"> • Basic skill development, sequencing and artistry across Vault/Bar/Beam/Floor • Rec Tech incentive programme which will develop skills necessary for competitions • Encouraged to participate in recreation competitions and fun festivals throughout the year
TWISTERS (8-11 YEARS) 1.5 HOURS \$162.00	<ul style="list-style-type: none"> • Basic skill development, sequencing and artistry across Vault/Bar/Beam/Floor • Rec Tech incentive programme which will develop skills necessary for competitions • Encouraged to participate in recreation competitions and fun festivals throughout the year
JUNIOR TRAMPOLINE (7+ Years, MIXED) 1 HOURS \$145.50	<ul style="list-style-type: none"> • Introductory class to Trampoline Gymsports • Teaching foundation skills of trampolining
INTERMEDIATE TRAMPOLINE (MIXED) 1.5 HOURS \$162.00	<ul style="list-style-type: none"> • Extending from basic skills • Teaching more sequencing skills together • Progressions towards somersaults • Encouraged to participate in recreation competitions/fun festivals throughout the year
TUMBLING (MIXED) 1 HOUR (Junior) \$145.50 1.5 HOURS (Invitational Class) \$162.00	<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/fun festivals throughout the year • Entry is by assessment only
HIGH FLYERS INTERMEDIATE (Invitational Class) 2 HOURS \$211.50	<ul style="list-style-type: none"> • A range of 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
HIGH FLYERS SENIOR (12+ YEARS) (Invitational Class) 4 HOURS \$244.50	<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
HIGH FLYERS BOYS (9+ YEARS) 2 HOURS \$211.50	<ul style="list-style-type: none"> • A range of skills for our older boy participants, following on from 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
JUNIOR EXTENTION (6-9 YEARS) (Invitational Class) 2 HOURS \$211.50	<ul style="list-style-type: none"> • Extra skill development and routines • Strength and conditioning • A challenge for those who wish to learn extra gymnastics skills using all apparatuses
2x2 GROUP (Invitational Class) 4 HOURS \$244.50	<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

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