



PCYC Mission

We get young people active in life

We work with young people to develop their skills, character and leadership

We reduce and prevent crime by and against young people.

Last Updated
04/04/2022

GYMNASTICS SCHEDULE



www.pycnsw.org



Gymnastics

GYM STAR	A program designed to teach children the fundamentals of gymnastics and challenge them physically and creatively		
DAY	TIME	AGE	COST
MONDAY	4PM-5PM	4 – 7 Years	\$140 PER TERM
MONDAY	5PM-6PM	6 – 10 Years	
TUESDAY	4PM-5PM	4 – 7 Years	
TUESDAY	5PM-6PM	6 – 10 Years	

JUNIOR GYM	A gymnastics program designed specifically for children aged 2 – 4 Yrs to develop fundamental Gymnastics skills in a fun and engaging environment.		
DAY	TIME	AGE	COST
TUESDAY	1:30PM – 2:30PM	2 – 4 Years.	\$120 per term

GYMSKILLS	A gymnastics program designed for the athletes wishing to continue to develop on the skills they have learnt in Gymstar. (Gymnast MUST have completed Gymstar prior to enrolling.)		
DAY	TIME	COST	
WEDNESDAY	5PM-6PM	\$140 per term	
THURSDAY	4PM-5PM		

INTERMEDIATE TUMBLING	A gymnastics discipline in which athletes learn and develop a variety of skills which can be combined to form a competitive pass. (PLEASE SPEAK TO ONE OF OUR COACHES PRIOR TO ENROLLING IN THIS CLASS)		
DAY	TIME	COST	
WEDNESDAY	6PM – 7:30PM	\$160 PER TERM	

FREE G	FREE G fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performance and stunt actors. (PLEASE SPEAK TO ONE OF OUR COACHES PRIOR TO ENROLLING IN THIS CLASS)		
DAY	TIME	COST	
WEDNESDAY	4PM – 5PM	\$140 per term	

BEGINNER TUMBLING	A gymnastics discipline in which athletes learn and develop a variety of skills which can be combined to form a competitive pass. (PLEASE SPEAK TO ONE OF OUR COACHES PRIOR TO ENROLLING IN THIS CLASS)		
DAY	TIME	COST	
MONDAY	6PM – 7:30PM	\$160 PER TERM	
TUESDAY	6PM – 7:30PM		
THURSDAY	5PM – 6:30PM		

ADULTS FLEXIBILITY & FITNESS	A class designed for adults to improve their flexibility and fitness in a gymnastics style class.		
DAY	TIME	AGE	COST
THURSDAY	6:30PM – 7:30PM	18 +	\$140 per term



Gymnastics NSW - \$65

A 12 month registration fee with Gymnastics New South Wales.

This is a compulsory fee across NSW for all Gymnastics programs.

All participants must also be PCYC NSW Members. For more information about any of our programs, Please contact us.
 Phone – 6562 8399
 Email – kempsey@pcycnsw.org.au

