

PLEASE NOTE: Each term your child's enrolment will automatically be carried over to the following term. However they do not carry over from one year to the next year. If you do not wish to continue with your child's enrolment you must notify the front office before the end of the current term to ensure you do not receive a cancellation fee.



Intermediate FREE G

Free G or freestyle is a term used to describe a new and rapidly developing activity which encourages participants to use traditional gymnastics equipment in new ways. It draws on influences from gymnastics, martial arts, free-running, parkour, tricking and break-dance. This program has been developed to facilitate the safe development of the activity within the confines of a recognised gymnastics environment.

Within a Free G class, participants find new and creative uses for traditional gymnastics apparatus, combining different apparatus into a series of obstacles. Many familiar gymnastics skills have been modified to increase difficulty, or include a new take of technique, and a variety of new skills have been developed within this discipline.

The Intermediate Free G class is designed for beginner to intermediate level skills for children aged 7 – 15 years old. These skill based lessons include apparatus work, timed obstacle courses, aerial awareness, precision and technique.

2021 SCGA Recreational Operating Terms

Term 1 – 10 Week Term	Term 2 – 10 Week Term	Term 3 – 10 Week Term	Term 4 – 11 Week Term
Mon 25th Jan – Thu 1st Apr	Mon 19th Apr – Sat 26th Jun	Mon 12th Jul – Sat 18th Sep	Tue 5th Oct – Sat 18th Dec

Weekly Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Intermediate FreeG 4:45 – 6:15	X	Intermediate FreeG 4:45 – 6:15	Intermediate FreeG 4:45 – 6:15	X

(SCGA Recreational Programs do not run during the school holidays or on public holidays)

Term Enrolments are now open to all members

Term Fees and Charges:

12 month Annual Registration Fee - \$75 (Jan to Dec) -OR- 6 month semester Registration Fee - \$55 (Jul to Dec)

1st Class FREE TRIAL

1.5 hr Class Fee- \$235 for a 10-week term (discounts apply for 2nd, 3rd and 4th child) \$25 casual class

3 hr Class Fee (2 x 1.5 hours) - \$400 for a 10-week term (discounts apply for 2nd, 3rd and 4th child)

Progression:

As your child's coordination, confidence, self-esteem and social-emotional development grow, they will be ready for the next exciting program **"Free G Advanced."**

Bookings:

Bookings are essential for all programs, please contact the front desk on 42275722 to confirm your booking or further information regarding our Free G Programs