

**PLEASE NOTE:** Each term your child's enrolment will automatically be carried over to the following term. 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.

### 2020 SCGA Recreational Operating Terms

Term 1 – 8 Week Term	Term 2 – 3 Week Term	Term 3 – 10 Week Term	Term 4 – 10 Week Term
Tue 28th Jan – Thu 23rd Mar	Mon 27 <sup>th</sup> Apr – Sat 4th Jul	Mon 20th Jul – Sat 26th Sep	Mon 12th Oct – Sat 19th 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 (Jan to Jun or Jul to Dec)

#### 1<sup>st</sup> Class FREE TRIAL

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

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