

# Recreational Star Classes



## Boys and Girls (4+yrs)

The aim of this program is to have continual activity and participation, which is varied, challenging and appropriate for the growth and development stage of a gymnast.

The program will contain the 4 “F’S” of gymnastics.  
***FUN, FITNESS, FUNDAMENTALS and FRIENDSHIP***

The gymnast progresses through skills and works through

## Zig Zag’s Club Based Program

### **STAR 1-3**

# MINI STAR/Kindy

## **Introduction/Transitional Class**

Suitable for girls and boys transitioning from

Toddler gym (morning classes) OR

New Gymnasts (3-4yrs) with no gymnastics experience

**Wednesday 3:45-4:45pm**



# STAR 1

Suitable for Gymnasts with little or no gymnastics experience

Ages between 4-6yrs

**Tuesday and Wednesday 3:45-4:45pm**

## STAR 2/3

**Suitable for girls with solid basic skills**

**Ages 7yrs+**

**Tuesday 3:45-5:15pm**

**Wednesday 4:45-6:15pm**



## Senior Girls

**Suitable for girls with solid basic skills**

**Ages 10yrs +**

**Tuesday 5:15-7:15pm**



# BOYS GYM

## Suitable for all boys

Boys who do gymnastics benefit from:

- Builds strength and prepares the body for the challenges in life
- Enhances co-ordination and agility, allowing the body to move like lightning
- Develops posture and confident body movement, including the ability to land safely
- Challenges the mind and body to reach new goals
- Develops healthy minds and bodies for now and later life



**Wednesday 4.45-5.15/6:45pm 4+ yrs**

# Adult Fitness (16yrs +)

**Suitable for all levels**

**Wednesday 7:00-8:00pm**