



Term 4 2026

@Advance!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kindergym 18months - 3.5years	10:30 - 11:15am	9:30 - 10:15am	10:30 - 11:15am	9:30 - 10:15am	10:30 - 11:15am	8:30 - 9:15am
Talent Tots 4years	11:30am - 12:15pm	10:30 - 11:15am		10:30 - 11:15am	9:30 - 10:15am	8:30 - 9:15am
Junior Development 5-6years	4 - 5pm	4 - 5pm	4 - 5pm	4 - 5pm	4 - 5pm	
Gymskills 7-8years	4 - 5pm	4 - 5pm	4 - 5pm	4 - 5pm	4 - 5pm	
Senior Gymskills 9 - 13years	4 - 5pm	4 - 5pm	4 - 5pm	4 - 5pm	4 - 5pm	
Gymskills Mixed ages 6 - 12years	5 - 6pm	5 - 6pm				9:30 - 10:30am
Parkour 6 - 12years				5 - 6pm		
Rhythmic Rec 6 - 10years			4 - 5pm			
Tumbling 8 - 16 years					4 - 5pm	9:30 - 10:30am
Senior Fitness 50+ years			9:30 - 10:15am			

Bookings completed via our portal <https://advance-academy-of-gymnastics.ud.io>

or email your preferred day and time to admin@advanceacademyofgymnastics.com.au

Payments for the term and registration are collected before commencement of your first class, or fortnight through our portal.

Trials are only offered to new customers which includes payment of 2 sessions upfront.

	Cost	Description
Kindergym 18months - 4years	\$220	Enjoy the fun and excitement with your child by joining them on the floor. Each week they will explore activities and themes, building confidence, social skills, gross and fine motor skills and developing their fundamental movement patterns.
Talent Tots 4+years	\$220	This is a coach lead class without parent participation. Talent tots provides an introduction to the fundamentals of gymnastics through games and activities assisting coordination, balance, socialization, body awareness, independence, concentration, gross and fine motor development.
Junior Gymskills 5-6years	\$230	This class is for children to continue developing their fundamental, gross and fine motor movement patterns. Building strength, flexibility and confidence which can be transferable to life skills and other sports. Junior development covers all traditional apparatus which challenge the whole body. Suitable for children who have just started out at school.
Gymskills 7-8years	\$230	This program helps children build upon the skills they have already achieved and challenges more advanced movements while still assuring strength and flexibility is completed in a fun and exciting way.
Senior Gymskills 8 - 13years	\$230	This group are now ready to extend and develop sound gymnastics skills, body awareness, coordination, challenging concepts, help build self-esteem, confidence, extended strength and flexibility, socialization skills, cultivate specific skill sets with more focused time on each apparatus encouraging growth and development in active healthy lifestyles.
Gymskills Mixed ages 6 - 12	\$230	This class encompasses a mixed age group of children with experienced instructors who can provide specific challenges to each child within the group. Following the same structure as our Gymskills program this class is well rounded across all apparatus and gymnastics skill development
Parkour 6 - 12years	\$230	Parkour is a fun alternate approach to gymnastics where children learn to jump over objects, climb, and roll safely. The goal of this program is to provide a safe environment to perform traditional parkour skills on a soft fall environment, rather than as commonly seen outdoors. This class is fast paced and for children that are full of energy! Involving vaulting techniques, floor based 'tricking' skills, and timed obstacle challenges encouraging friendly competition.
Rhythmic Rec 6 - 9years	\$230	Rhythmic gymnastics is an amazing sport under the huge gymnastics umbrella. Rhythmic includes apparatus; ribbon, hoop, ball and batons. This class teaches the fundamentals to rhythmic gymnastics with coaches who love the sport. This program is the main feeding for children wishing to compete in rhythmic gymnastics
Tumbling 8 - 16 years	\$230	Tumbling is the ability to complete dynamic on a sprung floor or air track. This program teaches children how to safely complete beginner to intermediate tumbling skills such as handstands, cartwheels, round offs, handsprings, forward and backward rotations etc.
Senior Fitness 50+ years	\$15 Casual	This is a new class to help senior participants maintain and build their fitness and strength. Maintaining life skills such as playing with your grandchildren, gardening etc. Moving within a social environment with other participants. Classes cover the whole body including strength, flexibility and balance activities. Trials and session passes accepted