

**Schedule (04 January to 13 March 2010)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00 AM		Yogilates (9.30 -10.30am)		Boxercise (9.45 – 10.45am)		R/*B
10.00 AM	PlayGym	T.E.L.C. (10.45-11.45am)	PlayGym		PlayGym	KG
11.00 AM	PlayGym		PlayGym		PlayGym	R/*B
12.00 PM						*AR (11am-1pm)
1.00 PM						High Focus
2.00 PM						KG R/*B
3.00 PM	Cherie Hearts Pre-School	WG KG	KG	KG	WG KG	R/*B
4.00 PM	KG R/*B	KG R/*B	KG R/*B	R/*B	R/*B	
5.00 PM	*PC (Girls) (5 to 7pm)	R/*B (5-6pm) INT. (5-7pm) *PC	*AR (Girls) (5 – 7 pm)	*PC (Boys & Girls) *Comp (Boys & Girls)	INT. (5-7pm)  *PC (Girls) & Comp (Girls)	
6.00 PM	*Comp (Girls) (5 to 8 pm)	(Boys & Girls) & *Comp (Boys & Girls) (6 - 8pm)	*PC (Girls)  & Comp (Girls) (5 – 8 pm)	Adult Gym / Cheerleading (7 – 8.30pm)		
7.00 PM						
8.00 PM						

\*\*\*Saturdays (4pm onwards) and Sundays are reserved for Birthday Parties and Special Events.\*\*\*

WG	WaddlerGym	2 to 3 years old. Children learn to follow directions, work together in a group setting and participate in activities to promote motor skills. Introduction to basic movement patterns in gymnastics.
KG	KinderGym	3 to 5 years old. Enhancement of motor skills and introduction to basic gymnastic skills.
R/B*	Recreational / *Beginner	For 6 years to 10 years old. Enhancement of motor skills and introduction to gymnastics skills for older-age beginners (to gymnastics). Advance group will focus on learning more gymnastic skills and conditioning exercises for strength and flexibility.
INT.	*Intermediate	Focus on honing of gymnastic skills and exercises for strength and flexibility.
*AR	*Advance Recreational	Non competitive level but still learning more advance gymnastic skills. Sessions include exercises for core strengthening and flexibility.
*PC	Pre-Competitive	Honing of skills and conditioning exercises – prelude to Competitive level.
*Comp.	Competitive	MAG & WAG level 1-5
*		By coaches selection

All gymnastic classes are based on individual level of ability and not age. The class breakdown of ages is simply a guideline to help structure our program. You may see younger children in classes for older children, and vice-versa. The main objective is for each and every child to enjoy themselves and to progress at their own rate of ability.

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