

# 2020 Timetable Minto

## Morning classes

MAIN AREA					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alley Skeddadlers 9:30-10:15am	Alley Skeddadlers 9:30-10:15am	Alley Squigglers 9:30-10:00am	Alley Scooters 9:20-10:05am	Alley Skeddadlers 9:30-10:15am	Alley Stompers 8:30-9:00am
Alley Scooters 10:25-11:10am	Alley Stompers 10:25-10:55am	Alley Stompers 10:10-10:40am	Alley Skeddadlers 10:15-11:00am	Alley Scooters 10:25-11:10am	Alley Squigglers 9:10-9:40am
Alley Stompers 11:20-11:50pm	Alley Scooters 11:05-11:50pm	Alley Scooters 10:50-11:35am	Alley Stompers 11:10-11:40am	Alley Stompers 11:20-11:50am	Alley Scooters 9:50-10:35am
	Junior Alley Rec 12:10-1:10pm			Junior Alley Rec 12:10-1:10pm	Alley Skeddadlers 10:45-11:30am

## Afternoon classes

MAIN AREAS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alley Rec 4:00- 5:00pm	Alley Rec 3:50- 4:50pm	Alley Rec 4:00- 5:00pm	Alley Rec 3:50- 4:50pm	Alley Rec 4:00- 5:00pm	Alley Rec 11:40- 12:40pm
Junior Parkour 5:10-6:10pm	Snr Alley Rec (9yrs+) 3:50-4:50pm	Alley Rec 5:10- 6:10pm	Boys Alley Rec 3:50- 4:50pm	Junior Trickers 4:00- 5:00pm	Snr Alley Rec (9yrs+) 11:40-12:40pm
Parkour (Yellow) 6:20-7:20pm	Boys Alley Rec 3:50- 4:50pm	Jnr RG Team 5:10-6:10pm	Junior Parkour 4:00-5:00pm	Trickers (Teal) 5:10-6:10pm	Boys Alley Rec 11:40- 12:40pm
Parkour (Green) 7:30-8:30pm	Alley Rec 5:00- 6:00pm	Alley Rec 6:20- 7:20pm	Parkour (Yellow) 5:10-6:10pm	Trickers (LB) 6:20-7:20pm	
		Snr Alley Rec (9yrs+) 6:20-7:20pm	Parkour (Green) 6:20-7:20pm	Trickers (Purple) 7:30-8:30pm	
		RG Team 6:20-7:20pm	Parkour (Blue) 7:30-8:30pm		



# 2020 Timetable

## Minto

FLOOR TWO					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Alley Stompers</b> 3:50-4:20pm	<b>Alley Scooters</b> 4:00-4:45pm	<b>Junior Alley Rec</b> 3:50-4:50pm			<b>Junior Parkour</b> 11:30-12:30pm
<b>Alley Skeddadlers</b> 4:25-5:10pm	<b>Alley Skeddadlers</b> 4:50-5:35pm	<b>Alley Skeddadlers</b> 5:00-5:45pm	<b>Parkour (Green)</b> 5:00-6:00pm		<b>Parkour (Yellow)</b> 12:40-1:40pm
<b>Junior Trickers</b> 5:25-6:25pm	<b>Alley Rec</b> 5:50- 6:50pm		<b>Parkour (Yellow)</b> 6:10-7:10pm		<b>Parkour (Green)</b> 12:40-1:40pm
<b>Trickers (Teal)</b> 6:35-7:35pm					<b>Parkour (Blue)</b> 1:50-2:50pm
<b>Trickers (LB)</b> 7:35-8:35pm					<b>Parkour (Red)</b> 1:50-2:50pm

ADULT GYMNASTICS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Adult Levels</b> 8:00-9:00pm	<b>Adult Fit</b> 7:20-8:20pm	<b>Adult Tumblers</b> 8:30- 9:30pm		

TUMBLE ZONE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Jnr Tumblers</b> 4:00- 5:00pm			<b>Tumblers (Beg)</b> 4:00-5:00pm		<b>Tumblers (Beg)</b> 11:30-12:30pm
<b>Tumblers (Beg)</b> 5:10- 6:10pm			<b>Jnr Tumblers</b> 5:10- 6:10pm		<b>Jnr Tumblers</b> 12:40-1:40pm
<b>Tumblers (Int)</b> 6:20- 7:20pm			<b>Tumblers (Adv)</b> 6:20- 7:20pm		<b>Tumblers (Adv)</b> 1:50-2:50pm
<b>Tumblers (Adv)</b> 7:30- 8:30pm			<b>Tumblers (Int)</b> 7:30-8:30pm		<b>Tumblers (Int)</b> 3:00-4:00pm



# 2020 Timetable

## Minto

**Levels** – Higher levels will be added subject to club development and demand

LEVELS PROGRAM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Foundation 2 3:50-5:50pm	Level 5 & 6 4:00-8:00pm	Foundation 2 3:50-5:50pm	Level 5 & 6 4:00-8:00pm	Foundation 1 3:50-5:50pm	Foundation 1 12:50-2:50pm
Level 5 & 6 4:00-8:00pm	Foundation 1 5:10-7:10pm	Foundation 1 5:10-7:10pm	Level 4 4.30-7.30pm	Foundation 2 5:10-7:10pm	Foundation 2 12:50-2:50pm
Level 4 4.30-7.30pm	Foundation 2 5:10-7:10pm	Level 3 5:20-7:20pm	Boys Squad 5:20-7:20pm	Level 3 5:20-7:20pm	Level 3 12:50-2:50pm
Foundation 1 5:10-7:10pm	Boys Squad 5:20-7:20pm			Level 4 4.30-7.30pm	Level 4 12:50-3:50
Level 3 5:20-7:20pm					TG RA Rockstars 4:00-6:00pm



# Class Descriptions

## **Alley Squigglers**

**Participant ages: 6 to 18 months**

**Class duration and price: 30 minutes – \$13.00**

**Class concept:** Regardless if your child has minimal movement or is mobile, classes are structured with activity for visual, auditory and movement development, with the support of a caregiver. This class is great to support your child through early stages of becoming mobile

## **Alley Stompers**

**Participant ages: 18 months to 2.5 years**

**Class duration and price: 30 minutes – \$13.00**

**Class concept:** With the introduction of basic equipment, gross and fine motor skills will develop coordination, and prepare children for future sports and recreation activity with the support of a caregiver

## **Alley Scooters**

**Participant ages: 2.5 to 4 years**

**Class duration and price: 45 minutes – \$14.50**

**Class concept:** Additional gymnastics equipment is trialled with continued focus on skill and “whole child” development including; social, emotional, cognitive and physical, with the support of a caregiver

## **Alley Skedaddlers**

**Participant ages: 4 to 5 years**

**Class duration and price: 45 minutes – \$14.50**

**Class concept:** This program prepares children for the beginner gymnastics or recreation program through a range of skill based activity focusing on movement in particular and introducing some base level gymnastics skills

## **Junior Rec**

**Participant ages: 4 to 5 years**

**Class duration and price: 60 minutes – \$17.00**

**Class concept:** This program is by selection only and is a Recreation style class for those ready, and not yet at school.

## **Team Gym**

**Participant ages: 5+ years**

**Class duration and price: 1 hour – \$17.00**

**Class concept:** Team Gym is for all ages and abilities, providing performance opportunities within a team environment. The team will perform Acro floor routine, mini tramp and tumbling routines

## **Alley Rec (mixed boys/girls)**

**Alley Boys Rec (boys only)**

**Participant ages: 5 to 12 years**

**Class duration and price: 1 hour – \$17.00**

**Class concept:** With a progressive syllabus (bronze, silver and gold), children are taught specific gymnastics programs, with a strong fitness integration. The “Rec” program is kept fun and supportive, while incorporating Rec Alley core values

## **Foundation gym**

**Participant ages: 5 to 17 years (by selection only)**

**Class duration and price: 2+ hours – from \$13.50 per hr**

**Class concept:** Although not compulsory, foundation classes are the building blocks for recreational competition if this is a desire. Through a selection criteria, children can progress through to the levels program

## **Levels gym (L3+)**

**Participant ages: 5 to 17 years (by selection only)**

**Class duration and price: 6+ hours – from \$10.00 per hr**

**Class concept:** Whether your child is eager to compete or learn higher skills, the levels program focuses on technique and strength whilst developing a higher overall skillset

## **Adult’s gym**

**Participant ages: 18 – 59 years**

**Class duration: 60 mins – \$17.00**

**Class concept:**

**(Adult Fit)** With a range of ages and abilities, this class offers many physical benefits and caters for beginner to advanced wanting to improve Core body strength, flexibility, and endurance while having fun

**(Adult Tumbling)** Tumblers focuses on all key tumbling skills beginner through to advanced. This includes skills such as handspring, flips, saults, tumble passes, and twisting using equipment such as the tumble tramp and air floor.

**(Adult Levels)** This program is suitable Intermediate skills and above. This class would be ideal for adult gymnasts with previous levels experience wanting to regain confidence with apparatus



# Class Descriptions

## Seniors gym

**Participant ages: 60 years and over**

**Class duration: 1 hour – \$17.00**

**Class concept:** Age should be no barrier for learning new skills. Classes cater for a broad range of abilities and fitness levels developed by supportive instructors. Activity will assist participants in becoming strong, stable, and feeling better while meeting new people

## Boy's squad

**Participant ages: 5 to 12 years**

**Class duration: 2+ hours – from \$13.50 per hr**

**Class concept:** Similar to foundation gym, 'Boy's squad' is strictly a boy's only class designed to develop skills towards 'friendly' recreational competition. Through a progressive syllabus, children can work towards levels program

## Parkour

**Kinder Parkour ages: 3 to 5 years**

**Junior Parkour ages: 5 to 7 years**

**Parkour ages: 8 to 17 years**

**Class duration and price: 1 hour – \$17.00 or 45 minutes – \$14.50**

**Class concept:** Parkour focuses on obstacle passing and tricking movements. Training generally includes; running, climbing, swinging, vaulting, jumping, rolling, and other movements. Coaches will focus on skills to develop the gymnastics component of Parkour style training.

## Tumblers

**Junior Tumblers ages: 5 to 7 years**

**Tumbler ages: 8 to 17 years**

**Class duration and price: 1 hour – \$17.00**

**Class concept:** Tumblers focuses on all key tumbling skills. This includes skills such as handspring, flips, saults, tumble passes, and twisting using equipment such as the tumble tramp and air floor. This class would complement and advance the 'Alley Trickers' skills

## Alley trickers

**Junior Trickers ages: 5 to 7 years**

**Trickers ages: 8 to 17 years**

**Class duration and price: 1 hour – \$17.00**

**Class concept:** Alley Trickers focus on multiple skills including; barani's, back flips, front handsprings, illusions, single handed acro skills, switch leg acro skills, cage rolls and more. This class is best suited for dance students or self-taught trickers wishing to improve and expand their knowledge. Participants learn some cool tricks in this class!

## Rhythmic (RG)

**Kinder Rhythmic ages: 4 to 5 years**

**Rhythmic ages: 5+years**

**Class duration and price: (Kinder) 45 minutes – \$14.50 or 1 hour – \$17.00**

**Class concept:** Rhythmic focuses learning technique's, flexibility and rhythmic difficulties whilst using rhythmic gymnastics apparatus and moving to music.

## Rhythmic Team (RG)

**Junior Rhythmic Team ages: 5 to 8 years**

**Rhythmic Team ages: 9+years**

**Class duration and price: 1 hour – \$17.00**

**Class concept:** Classes are performance based for gymnasts to learn rhythmic gymnastics skills, throws, manipulations and partner collaborations.

