

Gregory Hills Timetable

PRE-SCHOOL					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alley Skeddadlers 9:30-10:15am	Alley Squigglers 9:30-10:00am	Alley Skeddadlers 9:30-10:15am	Alley Stompers 9:20-9:50am	Alley Skeddadlers 9:30-10:15am	Alley Squigglers 8:20-8:50am
Alley Scooters 10:25-11:10am	Alley Stompers 10:10-10:40am	Alley Scooters 10:25-11:10am	Alley Scooters 10:00-10:45am	Alley Scooters 10:25-11:10am	Alley Stompers 9:00-9:30am
Alley Stompers 11:20-11:50am	Alley Scooters 10:50-11:35am	Alley Stompers 11:20-11:50am	Alley Skeddadlers 10:55-11:40am	Alley Stompers 11:20-11:50am	Alley Scooters 9:40-10:25am
Junior Alley Rec 12:00-1:00pm	Alley Skeddadlers 11:45-12:30pm	Junior Alley Rec 12:05-1:05pm	Junior Alley Rec 11:55-12:55pm	Junior Alley Rec 12:05-1:05pm	Alley Skeddadlers 10:35-11:10am
Junior Alley Rec 1:10-2:10pm		Alley Skeddadlers 1:20-2:05pm	Kinder Parkour 1:10-1:55pm	Home School program 1:15-2:15pm	

RECREATION						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Alley Rec 4:00-5:00pm	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 11:30-12:30pm	Alley Rec 8:00-9:00am
	Snr Alley Rec (9yrs+) 4:10-5:10pm	Boys Alley Rec 3:50-4:50pm	Snr Alley Rec (9yrs+) 4:10-5:10pm	Team Gym Novice 4:00-5:00pm	Boys Alley Rec 11:30-12:30pm	Alley Rec 9:10-10:10am
				RG Team 5:00-6:00pm	Team Gym Int/Adv 4:00-6:00pm	
Jnr RG Team 5:10-6:10pm	Alley Rec 5:10-6:10pm	Alley Rec 5:00-6:00pm			Alley Rec 4:00-5:00pm	
	Adult class 8:30-9:30pm				Boys Alley Rec 4:00-5:00pm	



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PARKOUR & TRICKERS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Junior Parkour 3.50-4.50pm	Junior Parkour 4.00- 5.00pm		Junior Parkour 4.00- 5.00pm	Parkour (Yellow) 2.50- 3.50pm
Junior Trickers 4:10-5:10pm		Junior Trickers 4:10-5:10pm			Trickers (Teal) 2.50- 3.50pm
	Parkour (Yellow) 5.00-6.00pm				
	Parkour (Green) 6.00-7.00pm				
	Trickers (Teal) 6:20-7:20pm	Trickers (Teal) 6.00-7.00pm			
	Trickers (LB) 6:20-7:20pm	Trickers (LB) 6.00-7.00pm			
Trickers (Teal) 7:20-8:20pm	Parkour (Blue) 7.30-8.30pm	Parkour (Yellow) 7.20-8.20pm	Trickers (LB) 7:20-8:20pm	Parkour (Yellow) 7.20- 8.20pm	
Trickers (LB) 7:20-8:20pm	Parkour (Red) 7.30-8.30pm	Parkour (Green) 7.20-8.20pm	Trickers (Purple) 7:20-8:20pm	Parkour (Green) 7.20- 8.20pm	
Trickers (Purple) 7:20-8:20pm	Parkour (Black) 7.30-8.30pm	Parkour (Blue) 7.20-8.20pm		Parkour (Blue) 7.20- 8.20pm	
		Parkour (Red) 7.20-8.20pm		Parkour (Red) 7.20- 8.20pm	
		Parkour (Black) 7.20-8.20pm			



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LEVELS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Foundation 2 3:50-5:50pm	Foundation 1 3:50-5:50pm		Foundation 2 3:50-5:50pm	Foundation 1 3:50-5:50pm	Foundation 1 12:40-2:40pm	Foundation 1 8:00-10:00am
Foundation 1 5:10-7:10pm		Foundation 1 5:10-7:10pm	Foundation 1 5:10-7:10pm	Foundation 1 5:10-7:10pm	Foundation 2 12:40-2:40pm	Foundation 2 8:00-10:00am
Foundation 2 5:10-7:10pm	Foundation 2 5:10-7:10pm	F1 - Advanced 5:10-7:10pm	Foundation 2 5:10-7:10pm	Foundation 2 5:10-7:10pm	F2 - Advanced 12:40-2:40pm	F2 - Advanced 8:00-10:00am
Level 3 5:10-7:10pm	Level 3 5:10-7:10pm	Boys Squad 5:10-7:10pm	Level 3 5:10-7:10pm	Boys Squad 5:10-7:10pm	Level 3 12:40-2:40pm	
F2 - Advanced 5:30-7:30pm			F2 - Advanced 5:30-7:30pm	F2 - Advanced 5:30-7:30pm		



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

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 Skeddaddlers

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

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 (prior gymnastics experience needed)

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 trickers

Junior Trickers ages: 5 to 7 years

Trickers ages: 8+ years

Class duration and price: 1 hour – \$17.00

Class concept: Alley Trickers focus on multiple skills including; barani's, back flips, front handsprings, summersaults and more. This class is best suited for dance students or self-taught trickers wishing to improve and expand their knowledge.

Alley Recreation gym (mixed boys/girls)

Alley Boys Recreation gym (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 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

Participant ages: 5 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: 45 mins – \$17.00

Class concept: With a range of ages and abilities, this class offers many physical benefits with results determined by input. Core body strength, flexibility and endurance will be increased in a dynamic environment

Seniors gym (Alley Active & Alley Strength)

Participant ages: 55 years and over

Class duration: 45 mins – \$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. Alley Active is a cardio based class to support overall health and Alley Strength is focused on strength and flexibility improvement



Class Descriptions

Boys 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: (Kinder) 45 minutes – \$14.50 or (Junior and up) 1 hour – \$17.00

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.

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.

