

2021 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 9:30-10:15am	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 10:25-11:10am	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 11:20-11:50am	Alley Stompers 11:20-11:50am	Alley Scooters 9:50-10:35am
	Junior Alley Rec 12:10-1:10pm	Alley Skeddadlers 11:45-12:30am		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		
			Parkour (Red) 7:30-8:30pm		



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

ADULT GYMNASTICS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Adult Fit 7:20-8:20pm	Adult Tumblers 8:30- 9:30pm		

TUMBLE ZONE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jnr Tumblers 4:00- 5:00pm	Jnr Tumblers 3:50-4:50pm		Tumblers (Beg) 4:00-5:00pm		Tumblers (Beg) 11:30-12:30pm
Tumblers (Beg) 5:10- 6:10pm	Tumblers (Beg) 5:00- 6:00pm		Jnr Tumblers 5:10- 6:10pm		Jnr Tumblers 12:40-1:40pm
Tumblers (Int) 6:20- 7:20pm	Tumblers (Int) 6.10-7.10pm		Tumblers (Adv) 6:20- 7:20pm		Tumblers (Adv) 1:50-2:50pm
Tumblers (Adv) 7:30- 8:30pm			Tumblers (Int) 7:30-8:30pm		Tumblers (Int) 3:00-4:00pm



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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.

