

Teen Gymnastics – 12 to 16 years old

Teen Gymnastics has been developed for adolescents aged between 12 – 16 years old. The program offers adolescents the ability to develop their gymnastics skills as well as their health and fitness. Through the Teen Gymnastics program gymnasts have the opportunity to develop the basic skills of gymnastics through to more advanced skills in a fun, positive and engaging environment.

Classes run for 90 minutes in Teen Gymnastics. Classes include a warm up, flexibility and strength activities and gymnastics structured circuits. The class provides the opportunity for gymnasts to achieve their personal goals.

The program provides opportunities for gymnasts to learn more advanced skills as an extension from Springers program. The class is suitable for gymnasts with a background of gymnastics, dancers interested in advancing their acrobatic skills and ex competitive gymnasts.

Schedule & Fees 2019 – Teen Gymnastics

Day	Class	Schedule
Tuesday	Teen Gymnastics	5pm – 6:30pm
	Teen Gymnastics	6:30pm – 8pm
Thursday	Teen Gymnastics	6pm – 7:30pm
Teen Gymnastics 90mins	Term 4 – Monday 7th October – Saturday 14th December *10 Week Term 90MIN Class \$325.00 Term Upfront = \$32.50 Per Class From \$28.26 Weekly Instalments via Direct Debit Only*	
*Once off Membership fee: \$75 PAY ONLY ONCE PER YEAR Classes do not run on Public Holidays. We recommend gymnasts attend a trial lesson as a first lesson; the Trial Fee is \$20		

Public Holidays

There are no classes held on public holidays; Fees will be charged pro rata and reduce accordingly.

Family Discounts

Families who have two or more children attending Pulse Gymnastics will receive a 10% discount off the second and third child's fees. The discount will be applied to the lowest tuition fees.

Multi Class Discount

Any student enrolled into 2 or more of the same class per week will receive a 20% Discount second class.

Additional Notes*

No discount can be applied to membership fees.