

**Teen Gymnastics Information – 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 can develop the basic skills of gymnastics through to more advanced skills in a fun, positive and engaging environment.

Classes run for 90 minutes – 2 hours 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. The Teen Program is an advanced program. Entry into the Teen Class is by assessment Only.

The program is divided into two levels with gymnasts having the opportunity to advance to Gold from Silver



**2020 Dates**

Classes commence Wednesday 29<sup>th</sup> January and run through until Saturday 19<sup>th</sup> December. Classes do not run on school holidays or public holidays. You are not charged on the school holidays or on the public holidays. There are no credits or refunds for missed classes. Make up classes can be done anytime during the year for missed classes.

**Tuition Fee**

When joining the first class will be paid as a trial. If you are happy to continue the charges are applied for the remainder of the month. The monthly fee and Registration fee must be paid upfront prior to the second class. Thereafter the tuition will be invoiced on the 1st of each month and debited on the 15<sup>th</sup> of each month. You may cancel anytime however we do need 7 days written notice.

**Membership Fee**

As per Gymnastics Australia's guidelines all gymnasts will be charged a membership fee. This compulsory fee includes membership with Pulse Gymnastics, Gymnastics Victoria and Gymnastics Australia and Personal Accident Insurance. The fee also includes equipment maintenance, certificates and new for 2020 a club T shirt. The membership fee is non-refundable and must be paid before commencing any program at Pulse Gymnastics.

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Web site: [www.pulsegymnastics.com.au](http://www.pulsegymnastics.com.au)



**Schedule & Fees**

Day	Class	Schedule
Tuesday	Teen Silver	5pm – 6:30pm
	Teen Gold	6:30pm – 8:30pm
Thursday	Teen Gold	6:30pm – 8:30pm
Friday	Teen Silver	5pm – 6:30pm
<b>Teen Silver</b>	<b>Term 1 – Wednesday 29<sup>th</sup> January – Saturday 28<sup>th</sup> March</b> <b>Public Holidays: Monday 9<sup>th</sup> March</b>  1.5 Hr Class = \$32.50 Per Class	
<b>Teen Gold</b>	2 Hr Class = \$40.00 Per Class	
<b>* Membership fee: \$80</b>  Classes do not run on Public Holidays.  We recommend gymnasts attend a trial lesson as a first lesson. <b>Trial Fee \$20</b>		

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