

Timetable and costs

Term dates 2018

- 30th January – 13th April (10 week term) \$250
- 1st May – 6 July (10 week term) \$250
- 24th July – 28th September (9 week term) \$225
- 15th October – 19th December (11 week term) \$275

Term dates 2019

- 29th January – 12th April (11 week term) \$275
- 29th April – 5th July (10 week term) \$250
- 22nd July – 27th September (10 week term) \$250
- 14th October – 20th December (10 week term) \$250

Casual classes (when available) \$30

MON	TUES	WEDS	THURS	FRI	SAT	SUN
					4-5 yrs 8.45am 9.30am	2-3 yrs 8.45am 9.30am
2-3 yrs 9.45am 10.30am	2-3 yrs 9.45am 10.30am	2-3 yrs 9.45am 10.30am	2-3 yrs 9.45am 10.30am	2-3 yrs 9.45am 10.30am	5-6 yrs 9.30am 10.15am	4-5 yrs 9.30am 10.15am
4-5 yrs 10.30am 11.15am	4-5 yrs 10.30am 11.15am	4-5 yrs 10.30am 11.15am	4-5 yrs 10.30am 11.15am	4-5 yrs 10.30am 11.15am	7 yrs + 10.15am 11.15am	5-6 yrs 10.15am 11.00am
4-5 yrs 11.30am 12.15pm	4-5 yrs 11.30am 12.15pm	4-5 yrs 11.30am 12.15pm	4-5 yrs 11.30am 12.15pm	4-5 yrs 11.30am 12.15pm		7 yrs + 11.15am 12.15pm
5-6 yrs 3.45pm 4.30pm	5-6 yrs 3.45pm 4.30pm	5-6 yrs 3.45pm 4.30pm	5-6 yrs 3.45pm 4.30pm	5-6 yrs 3.45pm 4.30pm		
7 yrs + 4.30pm 5.30pm	7 yrs + 4.30pm 5.30pm	7 yrs + 4.30pm 5.30pm	7 yrs + 4.30pm 5.30pm	7 yrs + 4.30pm 5.30pm		

- Times/classes may be subject to change based on demand.
- The term fees also include entry into Little Dynamo's on the day of your enrolled class. Drop-offs are permitted for Junior and Senior Dynamos only for the duration of the class.
- Please arrive 10 minutes early to ensure your child is ready to start the class promptly.

General information

What to wear/bring to class:

- Please dress your child in comfortable clothes that are not too loose (no jeans or skirts). Children need to have bare feet for class.
- Parents attending the Young Dynamos class need to wear socks or bare feet, no shoes on the mats please.
- Children need to bring a water bottle to their lesson. No other food or drink is permitted on the premises.

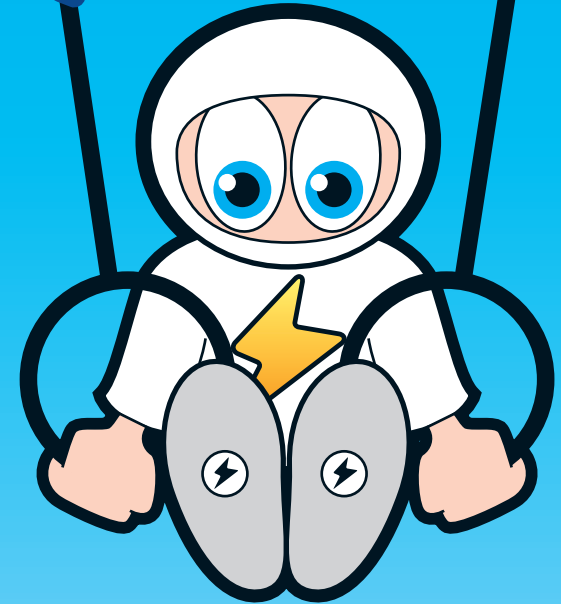
Other info:

- Classes run during school term only.
- Enrolment forms must be completed and returned to Little Dynamo's in advance.
- Fees are paid per term in advance.
- For further information, please read our terms and conditions at www.littledynamosgymnastics.com

For more information or to enrol in a class please call us on: ph: 02 8084 5222 or send us an email: info@littledynamos.com

Find us at: 14/33 Maddox Street, Alexandria, 2015

www.littledynamosgymnastics.com



Little Dynamo's is proud to introduce our brand new, purpose built recreational gymnastics facility.

The equipment we have chosen is designed specifically for children and designed by top American coaches. This innovative and imaginative equipment allows children to learn and develop gymnastic skills in the safest of environments with qualified and experienced coaches.

Children will increase their self confidence, learn body and self awareness in a social situation with children of the same age and development.

Gymnastics is a fantastic way to keep kids active and healthy



Our recreational groups

Young Dynamos

2-3 years old

This is a 30 minute parent/carer participation class. It is a fun and interactive class that aims to familiarise the children and parents with each gymnastic apparatus. The coach will teach parents the safest way to spot your child while they are learning new skills. Each week there will be new stations and fun obstacle courses to be explored.

Skills the children will develop:

- Spatial awareness; rolling on cylinders, barrels and wedges, climbing and sliding
- Balancing on various height beams and planks
- Climbing over, under and through
- Strengthening activities; hanging from bars and rings
- Gross motor skills such as jumping, skipping and hopping
- Group participation and turn taking

Little Dynamos

4-5 years old

This is a 45 minute class for boys and girls. The class is developed to build self esteem in the individual child by setting up achievable challenges in a fun circuit style. The classes are small and the children will move from one apparatus to another under the watchful eye of a qualified coach.

Skills the children will develop:

- Introduction to warming up before exercise
- Running, jumping, skipping and hopping
- Balancing on beams of various heights and thickness
- Forward rolls
- Strengthening skills such as hanging and swinging from bars and rings
- Introduction to sequence of movements ie. run, stop, turn
- Jumping on the trampoline and coming to a stop

Private lessons available

Please enquire

Junior Dynamos

5-6 years old

This 45 minute class is a more advanced program where children will be introduced to more challenging skills on each apparatus. The classes are small so that each child gets individual attention.

Skills the children will develop:

- Forward rolls, backward rolls, handstands
- Walking forward and backward on the beam, half turns
- Trampoline skills such as star jump and tuck jump
- Chin ups on the bar, swinging on rings, proper hand grip positions
- Warm up and cool down exercises
- Introduction to basic routines on individual apparatus

Senior Dynamos

7 years +

Our Senior Dynamos classes run for 60 minutes and are for children who are 7 years and over. The classes are more advanced and the children will be grouped by age and skill. As well as learning skills on each apparatus the children will also learn routines that will be performed at the end of the year so parents can see what they have learnt.

Skills the children will learn:

- Floor skills such as splits, bridge, cartwheels, handstands, forward and backward walk over
- Beam: leg swing over mount, dismounts, leaps, jumps and turns
- Air Trak: tumbling passes, hand springs, aerials
- Strengthen, co-ordination and core building exercises
- Routines on each apparatus

Gymnastics Camps

We run gymnastics camps during school holidays. Sign up at www.littledynamosgymnastics.com to receive info about future camps straight to your inbox.

Casual classes also available

\$30