

**PLEASE NOTE:** Each active enrolment will continue for the entire year. Monthly charges will apply on the 1st day of each month calculating how many lessons are available during that month. If you do not wish to continue with the enrollment you must notify the front office or reception in writing with a one month notice.



## Beginner to Advanced FreeG



Free G or freestyle gymnastics is a term used to describe a new and rapidly developing activity which encourages participants to use traditional gymnastics equipment in new ways. It draws on influences from gymnastics, martial arts, free-running, parkour, tricking and break-dance. This program has been developed to facilitate the safe development of the activity within the confines of a recognised gymnastics environment.

Within a Free G class, participants find new and creative uses for traditional gymnastics apparatus, combining different apparatus into a series of obstacles. Many familiar gymnastics skills have been modified to increase difficulty, or include a new take on technique, and a variety of new skills have been developed within this discipline.

The Beginner to Advanced Free G class is designed for children aged 7 – 15 years old. These skill based lessons include apparatus work, timed obstacle courses, aerial awareness, tricking, stunting, precision and technique.

### 2025 SCGA Operating Dates

2025 Calendar Year	Monday the 6th of January until Saturday the 20th of December		
Confirmed closure dates	Monday 27th Jan Friday 18th Apr Sat 19th Apr Monday 21st Apr	Friday 25th Apr Monday 9th June Tue 30th Sept Wed 1st Oct	Thur 2nd Oct Fri 3rd Oct Sat 4th Oct Mon 6th Oct

### Weekly Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:45pm - 6:15pm (Green + Blue Groups)	X	4:45pm - 6:15pm (Green + Blue Groups)	X	4:45pm - 6:15pm (Green + Blue Groups)	X
4:45pm - 6:45pm (Red + Black Groups)	X	4:45pm - 6:45pm (Red + Black Groups)	X	4:45pm - 6:45pm (Red + Black Groups)	X

(SCGA Programs do not run on public holidays or gym closures)

### Recommended Training Hours for Levels program

Mini Ninjas	FreeG Green	FreeG Blue	Free G Red	Free G Black
Minimum 1 hour	Minimum 1.5 hours	Minimum 3 hours	Minimum 4 hours	Minimum 6 hours

### PLEASE NOTE: Fees for 2025

#### Fees and Charges:

12 month Annual Registration Fee

- \$150 (Jan to Dec) for active and casual enrollments

- 6 month \$120 (July-Dec) for active and casual enrollments after July 1st

#### 2025 Fees

**1<sup>st</sup> Class FREE TRIAL for new members**

Casual Enrollments - \$35 per session (1.5 hours) or \$40.50 per session (2 hours)

Active Enrollment 1.5 hour class per week - \$31.20 per week calculated over a 1 month period.

Active Enrollment 2 hour class per week - \$36.40 per week calculated over a 1 month period.

Active Enrollment 2 x 1.5 hour classes per week - \$46.80 per week calculated over a 1 month period.

Active Enrollment 2 x 2 hour classes per week - \$56.20 per week calculated over a 1 month period.

Active Enrollment 3 x 1.5 hour classes per week - \$62.55 per week calculated over a 1 month period.

Active Enrollment 3 x 2 hour classes per week - \$78.60 per week calculated over a 1 month period.

**Bookings:**

Bookings are essential for all programs, please contact the reception on 42275722 to confirm your booking or further information on programs or pricing.

Web [www.scga.com.au](http://www.scga.com.au) – Phone 42275722 – Email [admin@scga.com.au](mailto:admin@scga.com.au)