

**PLEASE NOTE:** Each active enrollment 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.



## TeamGym Performance GFA Classes

What is Team Gym?

Team Gym is a GYMNSW participation program for all ages and abilities providing performance opportunities within a team environment for fun, fitness and friendship.

Team Gym competitions exhibit gymnastics skills in three disciplines; Floor, Tumbling and Single Mini Tramp. In each discipline the number of gymnasts is between 6 and 12. It is common for the performance to demonstrate effective teamwork, good technique in elements and spectacular acrobatic skills.

This program incorporates many different techniques used throughout gymnastics as well as some elements from other sports such as dance, cheer and acrobatics. In this program gymnasts will be expected to train on their nominated days per week, join in for performance competitions as a team and also purchase any needed uniforms. Teamgym is not limited to a maximum age, with athletes of all ages welcome to participate.

### 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
4:00pm - 7:00pm	X	4:00pm - 7:00pm	X	X	X

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

### Recommended Training Hours for TeamGym program

Novice	Intermediate	Advanced	Open	National
Minimum 3 hour	Minimum 6 hours	Minimum 6 hours	Minimum 9 hours	Minimum 9 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 - \$52.00 per session

Active Enrollment 3 hour class per week - \$46.80 per week calculated over a 1 month period.

Active Enrollment 2 x 3 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)