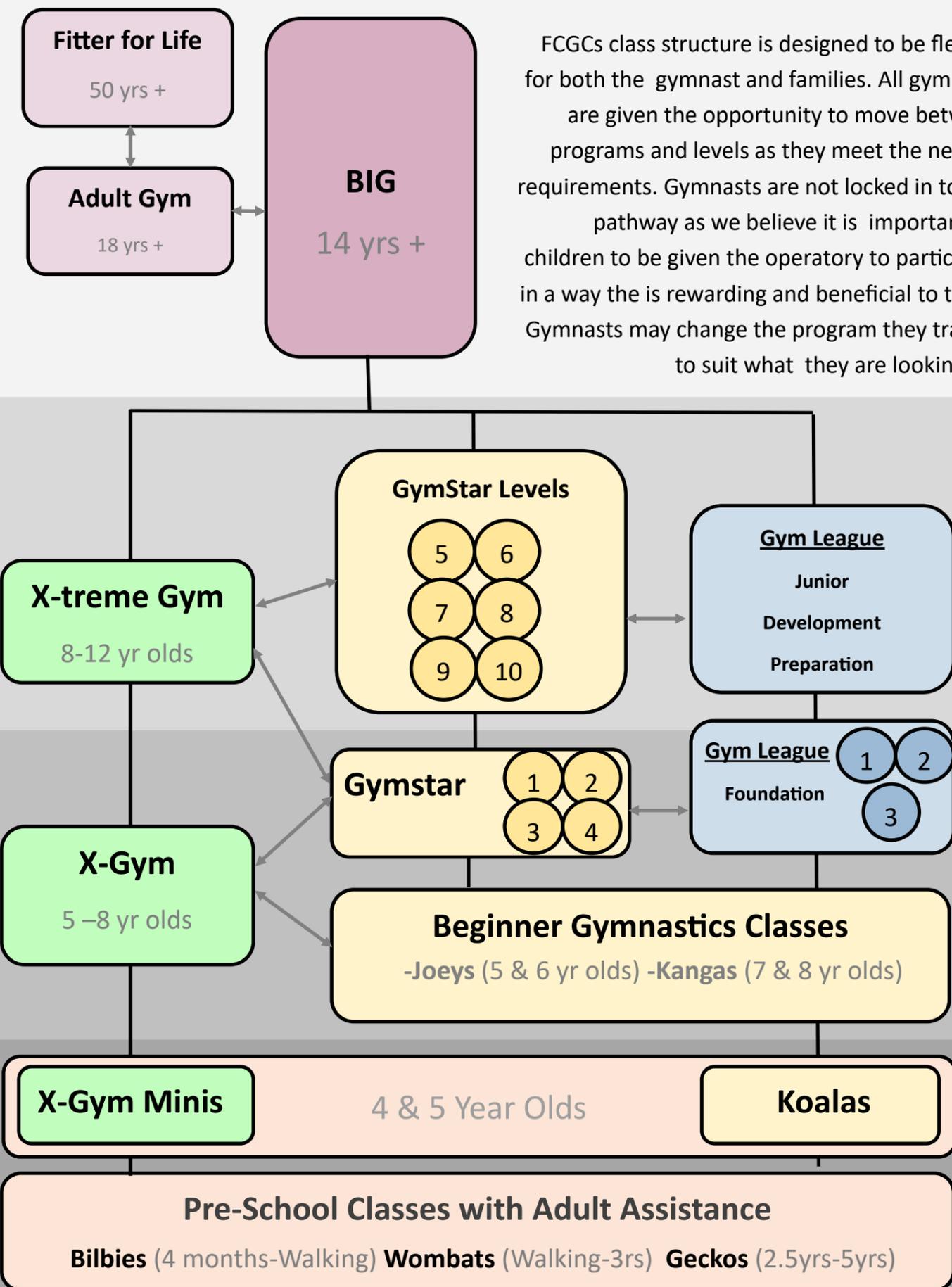


# CLASS STRUCTURE



FCGCs class structure is designed to be flexible for both the gymnast and families. All gymnasts are given the opportunity to move between programs and levels as they meet the needed requirements. Gymnasts are not locked in to one pathway as we believe it is important for children to be given the opportunity to participate in a way that is rewarding and beneficial to them. Gymnasts may change the program they train in to suit what they are looking for.



## Adult Gym & Fitter for Life

We believe in gymnastics for life. That is why we continue to offer classes for adults. These programs are suited for beginner gymnasts or those looking to pick up a past passion.

## BIG

All classes and program lead to BIG (Building Independent Gymnasts). BIG is a program designed to empower, develop and grow. Research has shown that empowered earning leads to an increase in enjoyment, achievement of goals and participation rates. BIG gymnasts are given the opportunity to tailor their training to meet individual goals, attend events through out the year, compete in a range a program (ALP & Gymstar) and join our LeadershipSkills Program (junior coaching program). Gymnasts will enter this program once they turn 14 yrs old. Gymnasts who are 13 yrs old may choose to enter this program.

## X-Gym

A unique style of training that teaches the foundation of gymnastics as well as advanced strength, body coordination and agility. These classes are designed to let gymnasts learn at their own pace while achieving new skills that will test both the mind and the body.

## Gym League

For gymnasts who love to compete and choose gymnastics as their priority extracurricular activity. This program has set training days and minimum training requirements. The program is non gendered and will utilise the ALP (Australian Levels Program) as well as other competition opportunities such as AGC League (Australian Gymnastics Competition League).

## Gymnastics Classes

Most gymnasts at FCGC will follow this path. Our beginner gymnastics classes provide gymnasts with the skills needed to them move into the Gymstar levels. In levels 1-4 all gymnasts will develop skills and routines with can be performed at optional events throughout the year. Gymstar gymnasts have the option of attending competitions.

## Pre-School Classes

Gymnastics classes for children from 4 months—5 years old. These classes use motion and music to help develop learning for life. Classes focus on physical and mental development while also introducing children to a structured learning environment. Classes are fun and supportive for both child and adult.