

2026 Aspire Gymnastics Academy Timetable

COMPETITIVE PROGRAM

Venue: all classes are held at Robertson State School

Class Name	Class Level	Yearly Registration	Total Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Foundation Squad	Level 1-2	\$200	Min. 3hrs/wk	3:30-5:00pm (1.5)	3:30-5:00pm (1.5)	3:30-5:00pm (1.5) 5:00-6:30pm (1.5)		3:30-5:00pm (1.5)	9:15-10:45am (1.5)
Novice Squad	Level 3-4	\$200	L3: Min. 4hrs/wk L4: Min. 6hrs/wk	5:00-7:00pm (2)	5:00-7:00pm (2)	5:00-7:00pm (2)		5:00-7:00pm (2)	10:45-12:45pm (2)
Junior Squad	Level 5-6	\$200	L5: Min. 9hrs/wk L6: Min. 12hrs/wk	4:30-7:30pm (3)	4:30-7:30pm (3)	4:30-7:30pm (3)		4:30-7:30pm (3)	1:00-4:00pm (3)
Senior Squad	Level 7-9	\$200	Min. 16hrs/wk	4:30-8:30pm (4)	4:30-8:30pm (4)	4:30-8:30pm (4)		4:30-8:30pm (4)	1:00-5:00pm (4)

About our Competitive Pathway

Our Competitive Pathway is a specialised rhythmic gymnastics program for athletes who are ready to increase their commitment and take part in competitions. Gymnasts train with greater focus and discipline, learning specific routines tailored to their level and developing advanced body skills, apparatus technique, and performance quality. Athletes have the opportunity to compete at club, state, and national levels, while building confidence, resilience, and strong performance skills. This program supports ongoing growth and progression within the sport for those aiming to reach their full potential.

Foundation Squad (Level 1-2)	Novice Squad (Level 3-4)	Junior Squad (Level 5-6)	Senior Squad (Level 7-9)
<ul style="list-style-type: none"> Level 1–2 RG is a specialised rhythmic gymnastics class designed for girls who wish to begin their competitive journey. This program introduces athletes to competition in a supportive and structured environment. The minimum age to compete is 6 years in the year of competition. In Level 1, gymnasts learn two routines, and in Level 2, they learn three routines. These routines are set for Queensland, meaning all gymnasts across QLD perform the same routines. Gymnasts are assessed using the Basic, Better, Best judging model, which supports athletes at all stages by encouraging participation, recognising improvement, and motivating gymnasts to remain engaged while developing the skills needed to progress through the competitive pathway. At competitions, gymnasts are banded into Gold, Silver, or Bronze groups based on their performance. 	<ul style="list-style-type: none"> Level 3–4 RG is designed for gymnasts who are ready to further develop their competitive skills and confidence as they progress along the rhythmic gymnastics pathway. At this level, athletes refine technique, strength, flexibility, apparatus handling, and performance quality through more detailed routines and increased training expectations. In these levels they learn three routines. These routines are set for Queensland, meaning all gymnasts across QLD perform the same routines. Competitions at Levels 3–4 may be run using a combination of the Basic, Better, Best model and traditional peer-based judging, depending on the event. This allows gymnasts to continue developing confidence and motivation through banded results, while also gaining experience being judged directly against other athletes of the same age and level. 	<ul style="list-style-type: none"> Level 5–6 RG is designed for gymnasts who are continuing their competitive journey and are ready to further refine their skills, performance quality, and commitment to rhythmic gymnastics. At this level, athletes focus on developing stronger technique, increased flexibility and strength, advanced apparatus handling, and greater artistic expression through more challenging routines and higher training expectations. In Levels 5–6, gymnasts learn club-set routines, meaning all athletes within the same club perform the same routines, while routines differ between clubs. Competitions at Levels 5–6 are judged against other athletes of the same age and level, providing gymnasts with experience in traditional competitive formats. From Level 5, gymnasts also have the opportunity to qualify for and compete at National competitions, supporting further growth, motivation, and progression within the competitive rhythmic gymnastics pathway. 	<ul style="list-style-type: none"> Level 7–9 RG is designed for dedicated athletes who are committed to high-level training and performance within the competitive rhythmic gymnastics pathway. At this level, gymnasts work with increased focus and independence to further refine advanced technique, strength, flexibility, apparatus mastery, and artistic expression. Athletes in Levels 7–9 perform four individual routines, each tailored to their strengths and individually choreographed to highlight their unique abilities, style, and performance quality. These personalised routines are designed to maximise each gymnast's potential and support their continued development as competitive athletes. Training and competition at Levels 7–9 are aimed towards qualification for National competitions, providing gymnasts with opportunities to perform at the highest level while building confidence, resilience, and excellence in performance.