

**2026 Aspire Gymnastics Academy Timetable**  
**HIGH PERFORMANCE PROGRAM**

Venue: all classes are held at Robertson State School

Class Name	Class Ages	Yearly Registration	Total Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Extension Squad	6-9yrs	\$220	Min. 6hrs/wk	4:30-7:30pm (3)			4:30-7:30pm (3)		2:00-5:00pm (3)
Development Squad	8-10yrs	\$220	Min. 9hrs/wk	4:30-7:30pm (3)	4:30-7:30pm (3)			4:30-7:30pm (3)	2:00-5:00pm (3)
Emerging Squad	9-11yrs	\$220	Min. 12hr/wk	4:30-7:30pm (3)	4:30-7:30pm (3)	4:30-7:30pm (3)		4:30-7:30pm (3)	2:00-5:00pm (3)
Aspiring Squad	10-12yrs	\$220	Min. 16hr/wk	4:30-8:30pm (4)	4:30-8:30pm (4)	4:30-8:30pm (4)		4:30-8:30pm (4)	9:00-1:00pm (4)
Elite Squad	Min. 11yrs	\$220	Min. 20hr/wk	4:30-8:30pm (4)	9:00-1:00pm (4)				
Academy Squad	Min. 14yrs	\$220	Min. 24hr/wk	4:30-8:30pm (4)	9:00-1:00pm (4)				

**About our High Performance Pathway**

High Performance RG at Aspire Gymnastics Academy is for girls aiming to reach the highest levels of rhythmic gymnastics, including Australian Championships, National Squad selection, and international representation. Athletes follow world-class programming with expert coaches and judges, and have opportunities to compete nationally and internationally. Entry is by invitation only after an annual trial, and squad members are expected to commit to set training hours, attend every session ready to work hard, and participate fully in the competition season.

Extension Squad	Development Squad	Emerging & Aspiring Squads	Elite & Academy Squads
<ul style="list-style-type: none"> <li>Extension Squad is designed for Level 1–4 athletes aged 6–9 (turning 6–9 in the year of competition) who wish to begin their High Performance journey.</li> <li>While athletes will continue to compete in Level 1–4, they benefit from longer, more focused training sessions with one of our High Performance coaches, allowing for accelerated skill development and additional progress.</li> <li>This program is perfect for motivated gymnasts ready to take the next step in their training while still enjoying the supportive and structured environment of their competitive level.</li> </ul>	<ul style="list-style-type: none"> <li>Development Squad is designed for athletes aged 8–10 (turning 8–10 in the year of competition) who are ready to progress in their rhythmic gymnastics journey.</li> <li>Gymnasts in this squad compete in their own Development level, performing club-set routines consistent within their club.</li> <li>This squad provides focused coaching and structured training sessions, helping athletes refine their skills and prepare for higher-level competition.</li> <li>The Development Squad is the final stage before stepping into the Australian National Championships level and serves as a preparation pathway to trial for Queensland representation, building the skills, experience, and confidence needed for elite competition.</li> </ul>	<ul style="list-style-type: none"> <li>Emerging and Aspiring Squads cater to athletes competing across Sub Junior and Pre Junior levels who are committed to advancing their competitive rhythmic gymnastics journey.</li> <li>Gymnasts in these squads perform four individual routines, each tailored to their strengths and choreographed to showcase their unique style, abilities, and performance quality. These personalised routines are designed to maximise each gymnast's potential and support ongoing development as competitive athletes.</li> <li>Sub Junior is the first level where athletes have the opportunity to qualify to represent Queensland at the Australian National Championships, which is the primary goal of this squad. Through structured training, expert coaching, and competition experience, the Emerging and Aspiring Squads prepare gymnasts for success at the state and national level.</li> </ul>	<ul style="list-style-type: none"> <li>Elite and Academy Squads are designed for gymnasts competing at Junior and Senior International levels who are aiming for Australian representation. These squads provide high-level coaching, tailored programming, and opportunities to compete nationally and internationally, supporting athletes on the pathway to elite performance.</li> <li>In some cases, Pre Junior athletes may also be invited to join if coaches identify exceptional potential, allowing them to begin exposure to advanced training and competition environments earlier. These squads focus on refining technique, artistic expression, apparatus mastery, and performance quality to prepare gymnasts for the demands of international competition and selection into Australian teams.</li> </ul>