

## 2026 Aspire Gymnastics Academy Timetable RECREATIONAL PROGRAM

Primary Venue: Robertson State School (RSS) ~ Secondary Venue: Sherwood State School (SSS)

Class Name	Class Age	Yearly Registration	Total Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kindy RG	3-4 years	\$120	Min. 45min/wk	RSS 3:30-4:15pm (45m)	RSS 3:30-4:15pm (45m)				RSS 9:00-9:45am (45m)
Beginner RG	5-6 years	\$120	Min. 1hr/wk	RSS 3:30-4:30pm (1)	RSS 3:30-4:30pm (1)	RSS 3:30-4:30pm (1) 4:00-5:00pm (1)	SSS (5-6yrs) 3:30-4:30pm (1)	RSS 3:30-4:30pm (1)	RSS 9:45-10:45am (1) 1:00-2:00pm (1)
Intermediate RG	7-8 years	\$120	Min. 1.5hr/wk	RSS 3:30-5:00pm (1.5)	RSS 4:00-5:30pm (1.5)			RSS 3:30-5:00pm (1.5)	RSS 10:45-12:15pm (1.5)
Advanced RG	9-12 years	\$120	Min. 2hr/wk	RSS 4:30-6:30pm (2)		RSS 4:30-6:30pm (2)	SSS (7-10yrs) 4:30-6:30pm (2)	RSS 4:30-6:30pm (2)	RSS 10:45-12:45pm (2)

### About our Recreational Pathway

Our curriculum runs in 12-week programs, providing a clear and structured learning pathway. During each cycle, one week is dedicated to skill testing, where gymnasts are assessed and receive a report card to track their progress, and one week is a fun Theme Week, allowing gymnasts to enjoy creativity and engagement while reinforcing skills. Gymnasts typically attend once per week, however families are welcome to enrol in multiple sessions for those wanting additional training and skill development.

Kindy RG	Beginner RG	Intermediate RG	Advances RG
<p><b>Kindy RG</b> is a specialised rhythmic gymnastics class designed especially for 3–4 year olds. The program is carefully tailored to support children at their physical, emotional, and developmental stage. Through fun, age-appropriate activities, children explore movement, coordination, balance, and rhythm while building confidence, listening skills, and a love of movement. Our focus is on learning through play in a positive, nurturing environment that encourages creativity, social interaction, and early gymnastics foundations.</p>	<p><b>Beginner RG</b> is a rhythmic gymnastics class designed for children aged 5–6 years, focusing on developing fundamental movement and gymnastics skills in a fun and supportive environment. The program supports children at their physical, emotional, and developmental stage, helping them build coordination, flexibility, balance, and rhythm. Through age-appropriate activities and introductory apparatus work, gymnasts gain confidence, improve listening and focus skills, and develop a strong foundation for future rhythmic gymnastics learning.</p>	<p><b>Intermediate RG</b> is a structured rhythmic gymnastics class designed for children aged 7–8 years, building on foundational skills while supporting their physical, emotional, and developmental growth. Athletes develop strength, flexibility, coordination, and musicality through age-appropriate technique, apparatus work, and movement sequences. The program encourages focus, confidence, and teamwork in a positive and motivating environment, helping gymnasts progress their skills while fostering a strong love for rhythmic gymnastics.</p>	<p><b>Advanced RG</b> is a progressive rhythmic gymnastics class designed for children aged 9–12 years who are ready to refine and advance their skills. The program focuses on developing strength, flexibility, coordination, technique, and musicality, while supporting athletes' physical, emotional, and developmental growth. Gymnasts work on more complex body skills, apparatus handling, and routines in a structured and motivating environment that encourages discipline, confidence, resilience, and a strong passion for rhythmic gymnastics.</p>