



Ainsty Gymnastics & Trampoline Club 2018/19



Here is a list of the classes we offer. If you have any queries, please visit our website www.ainstygtc.co.uk or call **07856 602199**

Rec, Y1, Y2	Y2, Y3, Y4	Y4, Y5, Y6	Y6+	Boys Only (Rec- Y7)	Acro	Development	Display Team
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Gymnastics

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
York Steiner	16:00 - 17:00			16:00 - 17:00			
	16:50 - 17:50			16:00 - 17:00			
	17:50 - 18:50			16:50 - 17:50			
	17:50 - 18:50			16:50 - 17:50			
Energise		15:50 - 16:50		15:50 - 16:50			08:50 - 09:50
		16:40 - 17:40		16:40 - 17:40			09:40 - 10:40
		17:30 - 18:30		17:30 - 18:30			10:30 - 11:30
		17:50 - 18:50		18:20 - 19:20			10:30 - 11:30
		18:20 - 19:20		18:20 - 19:20			11:00 - 13:00
							11:30 - 12:30
Huntington		16:15 - 17:15			16:15 - 17:15		
		17:05 - 18:05			17:05 - 18:05		
		17:55 - 18:55			17:55 - 18:55		
		18:45 - 19:45			18:45 - 19:45		
The Mount			16:40 - 17:40				
			17:30 - 18:30				
			18:20 - 19:20				
			19:10 - 20:10				
Vale of York					17:00 - 18:00	08:50 - 09:50	
					17:50 - 18:50	09:40 - 10:40	
					18:40 - 19:40	10:30 - 11:30	
					18:40 - 19:40	11:20 - 12:20	
						12:00 - 14:00	
Archbishop Holgate's						09:00 - 10:00	
						10:00 - 11:00	
						11:00 - 12:00	

Children will be invited to join the Development Classes



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Recreational	Development	Squad
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Trampoline

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wetherby High	16:00 - 17:00						
	17:00 - 18:00						
	18:00 - 19:00						
Energise		16:00 - 17:00		15:40 - 17:40 (A)			09:00 - 10:00
		16:50 - 17:50		15:40 - 16:40 (B)			10:00 - 11:00
		17:50 - 18:50		16:30 - 17:30 (B)			
		16:50 - 18:50		17:30 - 18:30 (A)			
				18:20 - 19:20 (A)			
				17:20 - 19:20 (B)			
Archbishop Holgate's						09:00 - 10:00	
						10:00 - 11:00	
						09:00 - 11:00	
						11:00 - 12:00	

Children will be invited to join the Development Classes and the Squad



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Rec, Y1, Y2,	Y2, Y3, Y4	Y4, Y5, Y6	Y6+	Junior (Y3 to Y7)	Y5+	Senior (Y7+)
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Parkour

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Energise		16:50 - 17:50					09:50 - 10:50
York Steiner				17:50 - 18:50			
				17:50 - 18:50			
Huntington			19:45 - 20:45				

GymPact

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Energise	17:00 - 18:00		17:00 - 18:00				
	17:00 - 18:00		17:00 - 18:00				
	17:00 - 18:00		17:00 - 18:00				
	18:00 - 19:00		18:00 - 19:00				



Ainsty Gymnastics & Trampoline Club



PlayGym

Gymnastics for babies, toddlers and pre-schoolers

These are held on a Friday at Energise Leisure Centre, Acomb, York.

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<p><u>Little Rollers</u> 6 months to walking. A class with parent involvement, which is designed to help babies use all their senses through play, without any pressure, in a fun and relaxed environment. Parents will take the children around the equipment while the Little Jumpers and Little Hoppers are being taught by the coaches.</p>	<p><u>Little Crawlers</u> Walking to 2 years. A class with parent involvement. Now that your child is walking, this class is designed to use and develop their motor skills, coordination and balance through play and using the gymnastics equipment. Parents will support their child on the equipment while the Little Jumpers and Little Hoppers are being taught by the coaches.</p>	<p><u>Little Jumpers</u> 2 years to 3 years. At this stage your child should be moving around very confidently. This class, again, is with a parent and they will move around the different activities which are more demanding and challenging, but still within their ability, based around fun but beginning to develop the gymnastic skills.</p>	<p><u>Little Hoppers</u> 3 years to school. In this class children will do most of this class themselves, with some parental support if needed. Staff will help guide the children on the equipment to further develop their balance, coordination, sense of achievement and motor skills. Little Hoppers will get a priority place in the Reception class in September at our gymnastics sites.</p>
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	11:20 - 12:20	12:30 - 13:30	13:45 - 14:45
Friday			