



TIMETABLE 2019

Classes	Age	MONDAY	FRIDAY	SATURDAY
Ritmix Juniors (45min)	3+			9:00-9:45am
Ritmix Stars (1 hour)	4+	3:30-4:30pm 4:30-5.30pm	3:30-4:30pm 4:30-5:30pm	9:00-10:00am 10:00-11:00am
Ritmix Achievers (1 hour)	7+	3:30-4:30pm 4:30-5.30pm	3:30-4:30pm 4:30-5:30pm	9:00-10:00am 10:00-11:00am
Development Squad (1.5hr+) includes ballet and dance	Any	3:30-5:00pm 3:30-5:30pm	3:30-5:00pm 3:30-5:30pm	9:00-10:30am 10:00-12:00pm
Performance team Levels 1-6+	Any	3:30-6:00pm	3.30-5:30pm	9:00-12:00pm

*All classes require a minimum of 5 students to be enrolled

*Timetable is subject to change

What class do I choose?

Classes	Description
Ritmix Juniors (Age 3+)	A fun, introductory level gymnastics class for 3+ year olds boys and girls. This class includes simple stretching exercises, jumping rope, balancing and acrobatics along with educational dance movements with music, including hand-eye coordination with ball, hoop, rope and ribbon (45min class) .
Ritmix Stars (Age 4+)	This beginner level rhythmic gymnastics class for 5+ year olds is designed to introduce girls and boys to the sport of rhythmic gymnastics. The class focuses on basic body elements (flexibility, balance, jumps & turns), acrobatics (rolls, cartwheels, bridges) and apparatus techniques of rhythmic gymnastics using rope, hoop, ball, clubs and ribbon (1 hour class) .



Ritmix Achievers (Age 7+)	This beginner level rhythmic gymnastics class is for athletes ages 7+ with an interest in the recreational program. The class is designed to build upon the basics of body and apparatus technique, including more integration of body and apparatus work combined into short routines. Children explore group activities such as choreography and collaboration (1 hour class) .
Development squad (Age 5+)	This class is for athletes looking for something completely fresh and new. So you think you can dance like a gymnast? The class is designed to teach basic group choreography, different genre of dance and rhythmic gymnastics body movements. Children will learn physical qualities such as flexibility, balance, speed, strength, coordination and sense of rhythm where movements of the body are emphasised in one single continuous flow. Children will also learn basic ballet and dance exercises (1.5hrs+) .
Performance team Levels 1-6 (Age 5+)	This beginner levels rhythmic gymnastics is for athletes with an interest in the RG levels program. Children perform individual routines or groups of four or five where they manipulate one piece of apparatus: rope, hoop, ball, clubs, ribbon and freehand. This class combines elements of ballet, gymnastics and dance into one synchronised routine. Each movement involves a degree of athletic skill. Physical abilities needed by a rhythmic gymnast include strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination. Children can choose to be competitive and non-competitive (2+ hours class) .

Fee structure 2019

45 minutes	\$155 per Term*
1 hour	\$180 per Term*
1.5 hours	\$207 per Term*
2 hours	\$230 per Term*
4+hours	50% discount of Term Fees
Private lessons	TBC – contact Ritmix team

*Based on 10 weeks School Term; OSCH children have special hourly rate



How to enrol?

You will need to complete an enrolment form which you can download from our website at <http://ritmixgym.com.au/classes/enrolment-form/> Once we receive the enrolment form, we will send you an invoice.

An enrolment fee of \$70 per student per year is required to cover registration and insurance.

Special discounts

First class is always free for new members. You will receive a discount of 20% of Term Fees for your second child, 30% of Term Fees for your third child. Children who attend St Catherine's After School Care (OSHC) have a special hourly rate of \$12.50.

Competition Fee

Competition fees are billed separately. Contact us info@ritmixgym.com.au if you wish to know the breakup of the competition fees. At competitions children will need to wear a club leotard. The cost is approximately \$120.

Policy and terms

We encourage you to read our Ritmix Gymnastics Policy on the website at <http://ritmixgym.com.au/ritmix-gymnastics-policy-booklet/>

Location

All our classes are held at St Catherine's Primary School Nano Nagle Centre.

Address: 388 Newnham Road, Wishart. You can also enter the Hall via Bellot Street, Wishart.