



STAFFORD TIMETABLE 2020

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

*Timetable is subject to change

Classes	Age	Total hours	Monday	Tuesday	Wednesday	Thursday
RECREATIONAL STREAM						
Ritmix Stars	5+	1 hour		3.30-4.30pm	3.30-4.30pm	3.30-4.30pm
Ritmix Achievers	8+	1 hour		3.30-4.30pm	3.30-4.30pm	3.30-4.30pm
Level 1-2	5+	min 2		3.30-5.30pm	3.30-5.30pm	3.30-5.30pm
Level 3-4	8+	min 4		4.00-6.00pm	4.00-6.00pm	4.00-6.00pm
Level 5-6	10+	min 6		4.00-7.00pm	4.00-7.00pm	
Adult RG	18+	casual/pass				6.30-7.30pm
NATIONAL COMPETITIVE STREAM						
Level 1-2	5+	min 3+		3.30-5.30pm	3.30-5.30pm	3.30-5.30pm
Level 3-4	8+	min 9+		4.00-7.00pm	4.00-7.00pm	4.00-6.30pm
Level 5-6	10+	min 12+		3.30-7.00pm	3.30-7.00pm	3.30-6.30pm
Level 7-9	12+	min 16+		3.30-7.00pm	3.30-7.00pm	3.30-6.30pm
Private face to face	Any	1+	Contact the Club for more information			
Online Zoom class	Any	1+				



Which class do I choose?

Classes	Description
Ritmix Stars (Age 5+)	A fun, introductory level gymnastics class for 5+ year olds. This beginner level rhythmic gymnastics class 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 8+)	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) .
Level 1 to 6 (Recreational) (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 and can chose to represent their primary school at the Qld Primary School Rhythmic Gymnastics Carnivals. All children are encouraged to participate at one of our friendly carnivals (4 throughout the year) (1.5hrs+) .
RG Levels program (Competitive) Levels 1-10	This class 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. Children receive free nutritional tips and attend free junior judging workshops. 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. All children are encouraged to participate at the challenge and title events. (3+ hours class) .



RG Adults	This class is for 18+ adults who want to build up flexibility, strength, conditioning and coordination. Get ready to do a mix of ballet, core body posture, fitness, coordination, manipulation with apparatuses and stretching exercises to improve your overall fitness! Coached by specialist fitness instructor and a former rhythmic gymnast. If you didn't think you can do the splits – think again!
Private lessons	Private lessons are available on request. All our coaches are Gymnastics Australia accredited coaches. These lessons are for athletes who want to have one-one training to either excel their skills or simply to have a nice and relaxed introductory session to the world of gymnastics. Contact our club for additional information and pricing.
Online Zoom lessons	This class is designed for athletes of any age from all over the world. We provide specialist online classes to build your flexibility, strength, and coordination. Led by world class coaches and fitness instructors, your child (or yourself) will experience unforgettable stretching exercises. Sitting at your school or computer all day? Jump online and give your body a boost!

Fee structure 2020

1 hour	\$200 per Term*
2 hours	\$320 per Term*
3+hours	\$390 per Term*
6+ hours	\$414 per Term*
Private lesson	TBC – contact the club

*Based on 10 weeks School Term

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 \$80 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 10% of Term Fees for your second child, 15% of Term Fees for your third child.

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 (orders are placed with Sylvia P), tracksuit and Ritmix T-shirt. To order Ritmix merchandise:

1. Visit www.gmdirect.com.au
2. Click on "club uniforms" tab on the main menu
3. Click on "Ritmix Gymnastics Club" from the list

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

We have two locations:

Wishart Venue

St Catherine's Primary School Nano Nagle Centre
388 Newnham Road, Wishart Q 4122
You can enter the Hall via Bellot Street, Wishart.

Training days: Monday and Friday, 3.30-6.30pm, Saturdays 9am to 1pm

Stafford Heights Venue

95 Redwood Street
Stafford Heights Qld 4053

Training days: Tuesday, Wednesday and Thursday 3.30-7.30pm