



WISHART TIMETABLE 2020

Classes	Age	MONDAY	FRIDAY	SATURDAY
Ritmix Stars (Rec) (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 (Rec) (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
Ritmix Recreational <i>includes ballet and dance</i>	Any	3:30-5:00pm	3:30-5:00pm	9:00-10:30am 10:30-12pm
RG Levels program Levels 1-6+	Any	3:30-6:00pm	3.30-5:30pm	10:00-12:00pm
Private lessons	Any	Contact the club	Contact the club	Contact the club

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

*Timetable is subject to change

Which class do I choose?

Classes	Description
Ritmix Stars (Rec) (Age 4+)	A fun, introductory level gymnastics class for 4+ 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 (Rec) (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) .
Ritmix 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 Carnival (1.5hrs+) .
RG Levels program 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 one of our friendly carnivals (4 throughout the year) (2+ hours class) .
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.

Fee structure 2020

1 hour	\$200 per Term*
1.5 hours	\$243 per Term*
2 hours	\$270 per Term*
3+hours	\$357 per Term*
6+ hours	\$414 per Term*
Private lesson	TBC – contact the club

*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 \$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. Children who attend St Catherine's After School Care (OSHC) have a special hourly rate of \$13.80.

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, 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

Recreational athletes must wear GMD Ritmix leotard (orders are placed with GMD).
Competitive athletes must wear Sylvia P Ritmix leotard (orders are placed by Ritmix Club).

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