



2019 GYM FOR ALL TIMETABLE AFTERSCHOOL

ARTISTIC GYMNASTICS

MIXED

5-7 years

Monday 3.45-4.45, 4.45-5.45
Tuesday 3.45-4.45, 4.45-5.45
Wednesday 3.45-4.45, 4.45-5.45
Thursday 3.45-4.45, 4.45-5.45
Friday 3.45-4.45, 4.45-5.45
Saturday 10.30-11.30, 12-1
Sunday 11.30-12.30

7-9 years

Saturday 11.30-1.00
Sunday 1.00-2.30

GIRLS ONLY

7-9 years

Monday 4.45-6.15
Tuesday 4.45-6.15
Wednesday 4.45-6.15
Thursday 4.45-6.15
Friday 4.45-6.15

9-11 years

Monday 5.45-7.45
Tuesday 5.15-7.15
Thursday 5.15-7.15
10-16 years
Wednesday 6.15-8.15
Thursday 6.15-8.15
Friday 6.15-8.15
Saturday 1.00-3.00

BOYS ONLY

7-9 years

Tuesday 4.45-6.15

9-16 years

Wednesday 5.45-7.45

NOVICE COMP

This is an invitation class for children showing a talent for gymnastics and natural strength and flexibility.
Email gillian.tracey@tristar.org.nz to book an assessment

FREESTYLE

TUMBLING

5-8 years

Monday 3.45-4.45
Wednesday 3.45-4.45
Friday 3.45-4.45
Saturday 10.30-11.30

8-11 years

Monday 4.45-6.15
Wednesday 4.45-6.15
Friday 4.45-6.15
Saturday 9.00-10.30

11-16 years

Monday 6.15-8.15
Friday 6.15-8.15

TRAMPOLINE

5-8 years

Tuesday 3.45-4.45
Thursday 3.45-4.45
Saturday 8.30-9.30

8-11 years

Wednesday 4.45-6.15
Tuesday 4.45-6.15
Thursday 4.45-6.15
Saturday 9.30-11.00

11-16 years

Thursday 6.15-8.15

PARKOUR

5-6 years

Thursday 3.45-4.45
Saturday 8.30-9.30

7-8 years

Thursday 4.45-5.45
Saturday 8.30-9.30
Sunday 3.00-4.00

9-11 years

Thursday 5.45-7.15
Saturday 9.30-11.00

12-16 years

Thursday 7.00-8.30

OTHER OPTIONS

RHYTHMIC

5-8 years

Saturday 8.30-9.30

8-11 years

Saturday 3.00-4.00

FREESTYLE COMBO

5-6 years

Tuesday 4.45-5.45

7-9 years

Tuesday 3.45-4.45

10 + years

Tuesday 5.45-7.45

ADULTS

16-99 years

Tuesday 7.45-9.15
Thursday 8.15-9.45



2019 GYM FOR ALL TIMETABLE

PRESCHOOL

GYMTOTS (0-2 years) Adult Participation

Gymtots classes are aimed at crawling climbers and toddlers, we recommend doing a trial class prior to enrolment

Tuesday

11.30-12.15

Thursday

9.30-10.15

Friday

9.30-10.15

Sunday

10.30-11.15

PLAYGYM (2-4 years) Adult Participation

Monday

9.30-10.15

10.30-11.15

4.00-4.45pm

Tuesday

9.30-10.15

10.30-11.15

Wednesday

9.30-10.15

10.30-11.15

Thursday

10.30-11.15

5.00-5.45pm

Friday

10.30-11.15

11.30-12.15

4.00-4.45pm

Saturday

8.30-9.15

9.30-10.15

Sunday

9.30-10.15

10.30-11.15

Siblings under 2 may attend the class with their Playgym sibling but it is the adult's responsibility to keep them safe and ensure they don't disrupt other class participants

PLAYGYM PLUS (3/4years) No Adult Participation

3 year olds must complete a term of Play Gym before enrolling in Play Gym Plus

3 year olds

Monday

11.30-12.30

Tuesday

4.45-5.45

Wednesday

11.30-12.30 (mixed age)

Thursday

9.30-10.30

Friday

9.30-10.30

4 year olds

Monday

10.30-11.30

4.45-5.45

Wednesday

9.30-10.30

11.30-12.30 (mixed age)

3.45-4.45

Friday

11.30-12.30

1.30-2.30

Sunday

9.30-10.15

Tuesday

9.30-10.30

3.45-4.45

Thursday

11.30-12.30

1.30-2.30

3.45-4.45

Saturday

8.30-9.15

9.30-10.15

Term Fees

45 minute class \$146

1 hour class \$184

90 minute class \$218

2 hour class \$281

All enrolments processed and paid for prior to the start of a term qualify for a 10% prompt payment discount.

For more information:

Website www.tristar.org.nz

Email team@tristar.org.nz

Phone: 625-4354