

2026 CLASS SCHEDULE

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TERM 1 COMMENCES TUESDAY 27th JANUARY 2026

**** The Club is CLOSED on AUSTRALIA DAY public holiday Monday 26th January ****

SESSION TIMETABLE for each PROGRAM

PROGRAM	AGE	CLASS DURATION	MON	TUES	WED	THURS	FRI	SAT
EXPLORERS (Parent Participation)	1 - 2½ years	45 minutes class			9:00am - 9:45am	9:00am - 9:45am		
ADVENTURERS (Parent Participation)	2½ - 4 years	1 hour class	9:00am - 10:00am		10:00am - 11:00am	10:00am - 11:00am		
			10:15am - 11:15am			11:15am - 12:15pm		
POCKET ROCKETS	4 - 5 years	1 hour class	11:45am - 12:45pm	9:00am - 10:00am	11:30am - 12:30pm	12:45pm - 1:45pm	9:00am - 10:00am	
			1:00pm - 2:00pm	10:15am - 11:15am			10:15am - 11:15am	
							11:30am - 12:30pm	
GYM STARS	Full-time Prep at school	1 hour class		3:30pm - 4:30pm				8:00am - 9:00am
				4:30pm - 5:30pm				9:00am - 10:00am
GIRLS' LEVEL 1	Grade 1 at school - 9 years	1 hour class	3:30pm - 4:30pm	3:30pm - 4:30pm		3:30pm - 4:30pm		8:00am - 9:00am
			4:30pm - 5:30pm			4:30pm - 5:30pm		9:00am - 10:00am
GIRLS' LEVEL 2	9 - 12 years	1½ hour class	4:30pm - 6:00pm	4:30pm - 6:00pm	3:30pm - 5:00pm	4:30pm - 6:00pm	3:30pm - 5:00pm	9:00am - 10:30am
					5:00pm - 6:30pm		5:00pm - 6:30pm	10:30am - 12:00pm
GIRLS' LEVEL 3	by Coach selection	1½ hour class			3:30pm - 5:00pm		3:30pm - 5:00pm	10:30am - 12:00pm
					5:00pm - 6:30pm	5:30pm - 7:00pm		
GIRLS' LEVEL 4+ ADVANCED	by Coach selection	2½ hour class	6:00pm - 8:30pm		6:00pm - 8:30pm		5:00pm - 7:30pm	
BOYS' LEVEL 1	Grade 1 at school - 8 years	1 hour class		3:30pm - 4:30pm		3:30pm - 4:30pm		8:45am - 9:45am
BOYS' LEVEL 2	9 - 11 years	1½ hour class		4:30pm - 6:00pm		4:30pm - 6:00pm		10:00am - 11:30am
BOYS' LEVEL 3	12+ years	2 hour class		6:00pm - 7:30pm		6:00pm - 7:30pm		11:30am - 1:00pm
FITTER FOR LIFE	50+ years Gentle exercise program	1 hour class		9:00am - 10:00am			9:00am - 10:00am	
HOME SCHOOLS	Home School Groups	1 hour class		1:30pm - 2:30pm				