

Timetable 2026 (V9)

Recreational/pre-competitive groups

Beginners 1 recreational (4-6 yo): 1-2 blocks of 1 hour

1. Monday 3.45-4.45pm at Hornsby Uniting Church
2. Wednesday 5.45-4.45pm at Hornsby Uniting Church
3. Thursday 3.45-4.45pm at Hornsby Uniting Church
4. Friday 3.30-4.30pm at Hornsby Uniting Church
5. Saturday 9.00-10.00am at Waitara LOCC

Beginners 2 recreational/pre-competitive (5-7yo): 1-2 blocks of 1.5 hours

1. Monday 3.45-5.15pm at Hornsby Uniting Church
2. Thursday 3.45-5.15pm at Hornsby Uniting Church
3. Friday 3.30-5.00pm at Hornsby Uniting Church
4. Saturday 9.00-10.30am at Waitara LOCC

State Competitive groups

Level 1 individual: 1 or 2 blocks of 2 hours (choose 1 or 2 out of 3 days available)

1. Monday 4.50-6.50pm at Hornsby Uniting Church
2. Wednesday 3.45-5.45pm at Hornsby Uniting Church
3. Saturday 8.45am-10.45am at Waitara LOCC

Level 2 individual: 2 blocks of 2 hours (choose 2 out of 4 days available)

1. Monday 5.20-7.20pm at Hornsby Uniting Church
2. Wednesday 5.00-7.00pm at Hornsby Uniting Church
3. Thursday 4.45-6.45pm at Hornsby Uniting Church
4. Saturday 10.45am-12.45pm at Waitara LOCC

Level 3 individual: 2 blocks of 3hrs (6hrs in total), plus recommended: 1.5hrs of Flexibility/Ballet and/or 2hrs of Multiples Teams training

1. Wednesday 4.00-7.00pm at Waitara LOCC AND
2. Saturday 1.00pm-4.00pm at Waitara LOCC

Enrichment classes, recommended for Level 3:

Flexibility/Body Conditioning/Ballet: Thursday 6.15-7.45pm at Hornsby Uniting Church.

Level 3 Multiples: Wednesday 7-8pm and Saturday 4.00pm-5.00pm

Level 4 individual: 2 blocks of 4hrs and 2hrs (6hrs in total), plus recommended: 1.5hrs of Flexibility/Ballet and/or 2hrs of Multiples Teams training

1. Friday 4.00-8.00pm at Hornsby Uniting Church AND
2. Saturday 1.00pm-3.00pm at Waitara LOCC

Enrichment classes, recommended for Level 4:

Flexibility/Body Conditioning/Ballet: Thursday 6.15-7.45pm at Hornsby Uniting Church.

Level 4 Multiples: Saturday 3.00pm-5.00pm

National Competitive groups

Level 5 individual: 2 blocks of 3 hrs. and 1 block of 4hrs

1. Thursday 4.00-7.00pm at LOCC Waitara
2. Friday 4.00-8.00pm at LOCC Waitara,
3. Saturday 1.00pm-4.00pm at LOCC Waitara.

Level 5 Multiples 2 hours per week

Thursday 7-8pm and Saturday 4.00-5.00pm OR Saturday 12.00-1.00pm (depending on a team)

Level 6 individual: 2 blocks of 3 hrs. and 1 block of 4hrs

1. Wednesday 4.00-8.00pm at at LOCC Waitara
2. Thursday 4.00-7.00pm at LOCC Waitara,
3. Saturday 1.00pm-4.00pm at LOCC Waitara.

Level 6 multiples:

Thursday 7-8pm and Saturday 4.00-5.00pm OR Saturday 12.00-1.00pm (depending on a team)

Development (individual and multiples): 3 blocks of 4 hours

1. Monday 4.00-8.00pm (incl. Ballet) at LOCC Waitara (incl. Advanced Ballet)
2. Thursday 4.00-8.00pm at LOCC Waitara,
3. Saturday 1.00pm-5.00pm at LOCC Waitara.

Levels 7 and 8 (individual and multiples): 3-4 blocks of 4 hours

1. Monday 4.00-8.00pm at LOCC Waitara
2. Tuesday 4.00-8.00pm at LOCC Waitara,
3. Wednesday 4.00-8.00pm at LOCC Waitara,
4. Saturday 8.00am-12.00pm at LOCC Waitara.

Some gymnasts may be invited to attend Saturday 12-1pm (depending on their Multiples team)

High Performance (Sub-Juniors): 4 blocks of 4 hours

1. Monday 4.00-8.00pm at LOCC Waitara,
2. Wednesday 4.00-8.00pm at LOCC Waitara,
3. Thursday 4.00-8.00pm at LOCC Waitara,
4. Saturday 8.00am-12.00pm at LOCC Waitara.

Some gymnasts may be invited to attend 12-1pm or 3-5pm (depending on their Multiples team)

High Performance Pre-Juniors, Junior International and Levels 9/10: 4-5 blocks of 4 hours

1. Monday 4.00-8.00pm at LOCC Waitara,
 2. Tuesday 4.00-8.00pm at LOCC Waitara,
 3. Wednesday 4.00-8.00pm at LOCC Waitara,
 4. Friday 4.00-8.00pm at LOCC Waitara,
 5. Saturday 8.00am-12.00pm at LOCC Waitara.
- 12-1pm: HP Group and individual classes

Our primary gymnasium, the Light of Christ Centre (LOCC), is located at the end of Yardley Avenue in Waitara. The second facility is situated at Hornsby Uniting Church (UNITING CHURCH), 24 William Street, Hornsby.

Keep in mind that the initial draft of the document is provisional, and changes may be made.