

TeamGym



An inclusive & fun team program for all ages, genders, skill levels, and abilities

TeamGym combines parts of tumbling, mini trampoline and dance to create an exciting team competition event. You get to flip, roll, jump and dance with your friends.

The Australian TeamGym program has been developed for teams of gymnasts, with performances on three different apparatus.

Teams perform on the following apparatus:

- Floor
- Tumbling
- Vaulting / Mini Trampoline (Trampette)

Teams can have a minimum of six and maximum of twelve members but depending on individual strengths,

not everyone needs to perform on every apparatus.

TeamGym encourages individual skill development and team work. The program is split into novice, intermediate and advanced levels, with options available for gymnasts of any experience level! Whether you are transitioning from another gym sport, or have never tried gymnastics before, TeamGym is a fun and rewarding program for you.

View our timetable below:

*Entry level classes listed below. Other levels are available upon invitation only.

Monday	-
Tuesday	-
Wednesday	-
Thursday	Novice 5.30-7.00pm
Friday	-
Saturday	-



FIND OUT MORE: WWW.MACKAYGYMNASTICS.ORG.AU