

Women's Artistic Gymnastics

Empower and express yourself



Women's Artistic Gymnastics (WAG) is a powerful sport which builds coordination, boosts confidence, and takes creativity to the next level.

In Women's Artistic Gymnastics elements of power, agility, flexibility, and artistry are used to perform stunning feats of skill and grace in routines performed across the following four apparatus:

- Vault
- Uneven Bars
- Beam
- Floor

Class levels are:

- Girls Bronze
- Girls Silver
- Girls Gold
- Girls Platinum

In Women's Artistic Gymnastics, you can:

- Develop strength, balance, and body awareness
- Challenge the mind and body
- Grow self-confidence and creative expression
- Enhance coordination, agility, mobility, and flexibility
- Develop healthy minds and bodies for now and later in life

View our timetable below:

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

| | |
|------------------|--------------------------|
| Monday | Girls Bronze 3.30-4.30pm |
| Tuesday | Girls Bronze 4.00-5.00pm |
| Wednesday | Girls Bronze 3.30-4.30pm |
| Thursday | Girls Bronze 3.30-4.30pm |
| Friday | - |
| Saturday | Girls Bronze 8.30-9.30am |