

# Gym Mix



## An introductory program for kids aged Grade 1 and up

Gym Mix is a safe and challenging movement program for the beginner gymnast.

Our Gym Mix program offers:

- A safe environment providing a wide range of stimulating and challenging equipment.
- The program consists of 10 levels in 5 disciplines of gymnastics, Men's, Women's, Acrobatics, Rhythmic, and Trampolining.
- The gymnasts are regularly tested to see if they are ready to progress to the next level of skill.
- The gymnasts are provided with exciting opportunities to safely experience a broad range of gymnastics activities, with a flexible approach to assessment.

As participants progress through the various levels of fundamental skills, they will get fit while having fun with their friends.

Class groups are:

- Gym Mix Junior for grade 1 to 8 years old
- Gym Mix Senior for 9 years +

Want to get involved? View our timetable below:

|                  |   |
|------------------|---|
| <b>Monday</b>    | -   |
| <b>Tuesday</b>   | GymMix Junior 3.30-4.30pm                               |
| <b>Wednesday</b> | GymMix Junior 4.30-5.30pm<br>GymMix Senior 5.30-6.30pm  |
| <b>Thursday</b>  | -   |
| <b>Friday</b>    | -   |
| <b>Saturday</b>  | GymMix Junior 12.00-1.00pm<br>GymMix Senior 1.00-2.00pm |



**Gymnastics**  
Queensland

SCAN THE QR CODE TO  
BOOK A FREE TRIAL OR  
ENROL IN THE CLASS



FIND OUT MORE: [WWW.MACKAYGYMNASTICS.ORG.AU](http://WWW.MACKAYGYMNASTICS.ORG.AU)