YMCA Epping Programs Timetable 2017



Kinder Tots 18mnths – 3yrs Tuesday, Wednesday, Thursday 9.30am – 10.30am Kinder Gym 3-4yrs Tuesday, Wednesday, Thursday 10.30am – 11.30am All ages Saturday 8.00am – 9.00am Kinder Rec 4+ Monday 10.30am – 11.30am Wednesday 11:30am – 4.30pm 3.30pm – 4.30pm Tuesday 11:30am – 12.30am Wednesday 11:30am – 12.30pm Saturday 9.00am – 10.00am Monday P.00am – 10.00am Monday 4.00pm – 5.00pm Monday P.00am – 10.00am Monday P.00am – 10.00am Monday Monday 4.00pm – 5.00pm Saturday 8.00am – 10.00am Monday Monday 4.00pm – 5.00pm Starges Recreational 8.4 (Birls) Monday Monday 4.00pm – 5.00pm Starges Recreational	GYMNASTICS	AGE RANGE	DAY	TIME		
MinderGym	Kinder Tots	18mnths – 3yrs	Tuesday, Wednesday, Thursday	9.30am - 10.30am		
Monday	KinderGym	3-4yrs	Tuesday, Wednesday, Thursday	10.30am - 11.30am		
Monday	Kinderayiii	All ages	Saturday	8.00am - 9.00am		
Wednesday			Monday			
Thursday			Tuesday	11:30am-12:30am		
Saturday 9.00am - 10.00am 11.00am - 12.00am 10.00am 10.00am 10.00am 10.00am 10.00am 10.00am - 10.00am 10.00am - 10.00am 10.00am - 10.00am 10.00am - 11.00am 10.00am - 10.00am 10.0	KinderRec	4+	Wednesday	3.30pm - 4.30pm		
Ninja Gym 3-5yrs Monday 9.00am - 10.30am			Thursday	11.30am - 12.30pm		
Monday, Tuesday, Wednesday, Thursday, Friday			Saturday			
Thursday, Friday 4.00pm - 5.00pm	Ninja Gym	3-5yrs	Monday	9.30am – 10.30am		
Saturday 9.00am - 10.00am 10.00am - 11.00am 10.00am - 10.00am 10.00am - 10.0				4.00pm - 5.00pm		
Saturday 10.00am - 11.00am 10.00am - 10.00am 10.00am 10.00am - 10.00am 10.	Coloure /Poginnore	Kindergarten+ (Girls)	Wednesday	4.30pm - 5.30pm		
Kindergarten+ (Boys) Saturday 8.00am - 9.00am			Saturday			
Saturday 8.00am - 9.00am		Kindergarten+ (Boys)	Monday, Wednesday, Friday	4.00pm - 5.00pm		
Stages (Recreational)		Tandergarter (Boys)	Saturday	8.00am - 9.00am		
Stages (Recreational)		Kindergarten+ (Mixed)		4.30pm - 5.30pm		
(Recreational) 8+ (Boys) Monday, Wednesday, Friday 5.00pm - 7.00pm 8+ (Mixed) Monday, Friday 5:30pm to 7:30pm MG Boys Tuesday, Wednesday 4.00pm - 7.30pm Boys By Invitation 4.00pm - 7.30pm By Invitation Saturday 8.00am - 12.00noon WG Girls Tuesday, Thursday 4:30pm - 7:30pm By Invitation Saturday 9:30am - 12:30pm WG Girls Monday, Wednesday, Friday 4.30pm - 7.30pm By Invitation Saturday 1.00pm - 4:00pm WG Girls Monday, Tuesday, Wednesday, Friday 4.00pm - 8.00pm WG Girls By Invitation Saturday 4.00pm - 5.30pm By Invitation Saturday 8.00am - 12.00noon 4.00pm - 5.30pm Wednesday Friday 5.30pm - 7.30pm 5.30pm - 7.30pm Tuesday Tuesday 7.30pm - 8:30pm Thursday 8.00pm - 9.00pm 8.00pm - 9.00pm		8+ (Girls)		5.00pm- 7.00pm		
## (Boys) ## (Bo			Saturday	10.00am - 12.00noon		
MG Levels 1- 3 Boys By Invitation Tuesday, Wednesday 4.00pm - 7.30pm MG Levels 4-10 Boys By Invitation Tuesday, Thursday 4.00pm - 7.30pm WG Levels 1-3 White Girls By Invitation Tuesday, Thursday 4:30pm - 7:30pm WG Levels 1-3 Red Girls By Invitation Monday, Thursday 4:30pm - 7:30pm WG Levels 1-3 Red Girls By Invitation Monday, Wednesday, Friday 4:30pm - 7:30pm WG Levels 4-10 Girls By Invitation Monday, Tuesday, Wednesday, Thursday, Friday 4:00pm - 8:00pm WG Levels 4-10 Primary 9-12 (Mixed) Secondary 13-15 (Mixed) Wednesday 4:00pm - 5:30pm Wednesday 7:30pm - 7:30pm Tuesday 7:30pm - 8:30pm Power Tumbling 15-18 years (Mixed) Tuesday 7:30pm - 9:00pm Adult Gym 18+years (Mixed) Tuesday 8:30pm - 10:30pm	(Recreational)	8+ (Boys)	Monday, Wednesday, Friday	5.00pm - 7.00pm		
By Invitation Saturday 12.30pm - 4.00pm		8+ (Mixed)	Monday, Friday	5:30pm to 7:30pm		
MG		•	Tuesday, Wednesday	4.00pm - 7.30pm		
Levels 4-10 By Invitation Saturday 8.00am - 12.00noon		By Invitation	Saturday	12.30pm – 4.00pm		
WG Girls Tuesday, Thursday 4:30pm - 7:30pm WG Girls Saturday 9:30am - 12:30pm WG Girls Monday, Wednesday, Friday 4.30pm - 7.30pm WG Girls By Invitation Monday, Tuesday, Wednesday, Thursday, Friday 4.00pm - 8.00pm WG Girls By Invitation Monday, Tuesday, Wednesday, Thursday, Friday 4.00pm - 8.00pm Saturday Saturday 8.00am - 12.00noon Wednesday Friday 5.30pm - 5.30pm Fower Tumbling Tuesday Tuesday 7.30pm - 8:30pm Adult Gym 18+years (Mixed) Tuesday 8.30pm - 10.30pm		_	Tuesday, Thursday	4.00pm - 7.30pm		
Cairls By Invitation Saturday 9:30am - 12:30pm		By Invitation	Saturday	8.00am - 12.00noon		
White By Invitation Saturday 9:30am - 12:30pm WG Girls Monday, Wednesday, Friday 4.30pm - 7.30pm Saturday 1.00pm - 4:00pm WG Girls Monday, Tuesday, Wednesday, Thursday, Friday 4.00pm - 8.00pm Saturday 8.00am - 12.00noon Frimary 9-12 (Mixed) Secondary 13-15 (Mixed) Wednesday 4.00pm - 5.30pm Sough - 7.30pm 5.30pm - 7.30pm Tuesday 7.30pm - 8:30pm Thursday 8.00pm - 9.00pm Adult Gym 18+years (Mixed) Tuesday 8.30pm - 10.30pm			Tuesday, Thursday	4:30pm - 7:30pm		
Cairis By Invitation Saturday 1.00pm - 4:00pm	White	By Invitation	Saturday	9:30am – 12:30pm		
Red By Invitation Saturday 1.00pm - 4:00pm WG Levels 4-10 Girls By Invitation Monday, Tuesday, Wednesday, Thursday, Friday 4.00pm - 8.00pm Saturday 8.00am - 12.00noon Wednesday 4.00pm - 5.30pm 5.30pm - 7.30pm Tuesday 7.30pm - 8:30pm Thursday 8.00pm - 9.00pm Thursday 8.00pm - 9.00pm Thursday 8.00pm - 9.00pm Adult Gym 18+years (Mixed) Tuesday Tuesday 8.30pm - 10.30pm			Monday, Wednesday, Friday	4.30pm - 7.30pm		
Comparison		By Invitation	·	1.00pm - 4:00pm		
Gym Fit Primary 9-12 (Mixed) Secondary 13-15 (Mixed) Wednesday 4.00pm - 5.30pm 5.30pm - 7.30pm Power Tumbling 15-18 years (Mixed) Tuesday 7.30pm - 8:30pm Adult Gym 18+years (Mixed) Tuesday 8.00pm - 9.00pm Adult Gym 18+years (Mixed) Tuesday 8.30pm - 10.30pm			Thursday, Friday	<u> </u>		
Secondary 13-15 (Mixed) Wednesday 5.30pm - 7.30pm	Levels 4-10	·	Saturday			
Power Tumbling 15-18 years (Mixed) Thursday 8.00pm - 9.00pm Adult Gym 18+years (Mixed) Tuesday 8.30pm - 10.30pm	Gym Fit		Wednesday	5.30pm - 7.30pm		
Thursday 8.00pm - 9.00pm Adult Gym 18+years (Mixed) Tuesday 8.30pm - 10.30pm	Power Tumbling	15-18 vears (Mixed)	Tuesday	7.30pm – 8:30pm		
		you. o (Minou)	Thursday	8.00pm - 9.00pm		
	Adult Gym	18+years (Mixed)	Tuesday	8.30pm - 10.30pm		
Special Olympics By Invitation Only Saturday 11.30am – 1.30pm	Special Olympics	By Invitation Only	Saturday	11.30am – 1.30pm		



	PRICING			
Kindergym/ Colours	\$34* f/night direct debit			
Stages	\$60* f/night direct debit			
Levels	Dependant on training hours per week*			
Power Tumbling \$34* f/night direct debit				
Adult Gym	\$21* per visit-Wednesday class Monday class-\$10 per visit			

^{*}Plus NSW Gymnastics Insurance and Registration

LEARN TO PLAY

\$30F/night direct debit. Effective Term 3 2017.
Ask about our Family Membership packages

	AGE RANGE	DAY	TIME
6	5 - 8yrs	Manday	4.00pm - 5.00pm
Soccer	9 - 12yrs	Monday	5.00pm - 6.00pm
Multi Sports (Ball sports)	5 - 12yrs	Tuesday	3.30pm - 4.30pm
Teen Basketball	13 - 17yrs	Tuesday	4.30pm - 5.30pm
Netball	5 - 12yrs	Wednesday	4.00pm - 5.00pm
Basketball	5 - 8yrs	Thursday	4.00pm - 5.00pm
	9 - 12yrs	Thursday	5.00pm - 6.00pm
	5 - 12yrs	Friday	4.00pm - 5.00pm
Badminton	12 - 17yrs	Friday	4.00pm - 5.00pm

	AGE RANGE	DAY	TIME	
Badminton	Mixed	Wednesday	9.30am - 11.30am (\$10 per session)	
Baummon	Mixed	Friday	8.00pm - 10.00pm (Price on Application)	
Karate (White Belts)	5+	Tuesday, Thursday Saturday	6 .00pm - 6.30pm 9.30 am - 10.00am	
Karate (Kyu Grades)	5+	Tuesday, Thursday Saturday	6.30-pm - 7.30pm 10.00am - 11.00am	
Karate (Black & Brown Belts)	Adults (>16 years)	Tuesday, Thursday Saturday	7.10pm - 8.25pm 8.30am- 9.30am	

Ask about our discounted multiple class rates for Karate

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DAY	TIME	DETAILS			
Saturday	12:30-2:30 / 3:00-5:00	Cost: \$20per child. Minimum of 15 kids			
Sunday	10.00-12.00 / 12:30- 2:30 / 3:00-5:00	Deposit must be paid when making booking to guarantee time slot			