2023

LFKdance &gym

Gymnastics and Acro Information Package



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# WHY CHOOSE GYMNASTICS AND ACRO AT LFK?

LFK Dance & Gym's Dance program encourage students' gymnastics development in a positive and fun environment.

We aim to improve technique, co-ordination, movement, physical fitness, teamwork and confidence through our Gymnastics and Acro classes.

We are proud to say that we have been running high quality classes for the past 30 years!

LFK Dance & Gym hires the best of the best from the industry. Our wonderful staff all have a strong sense of fun, as well as professionalism and passion when it comes to passing on their knowledge to our students



## MEET OUR TEAM















### MEET OUR TEAM

















# MEET OUR TEAM







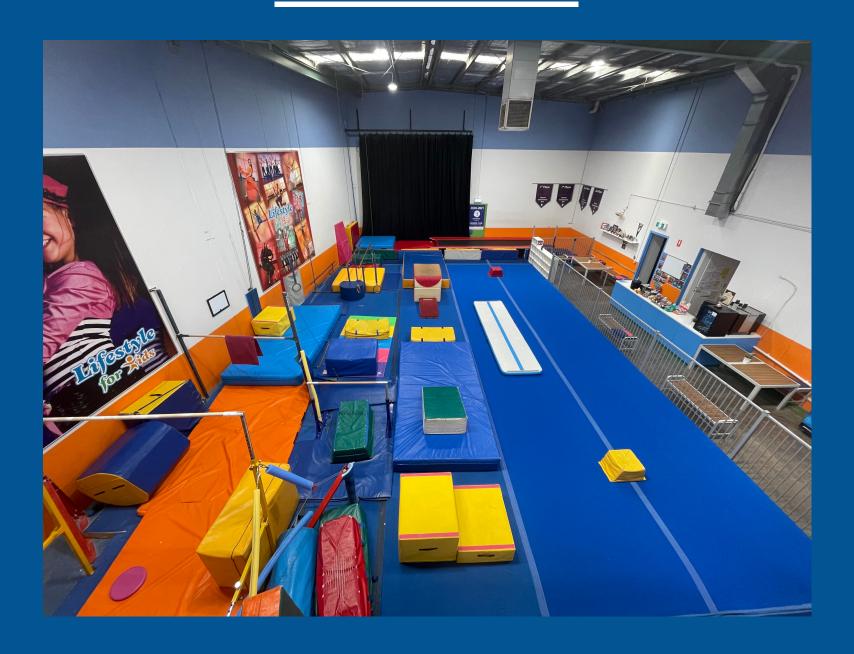








# OUR FACILITY



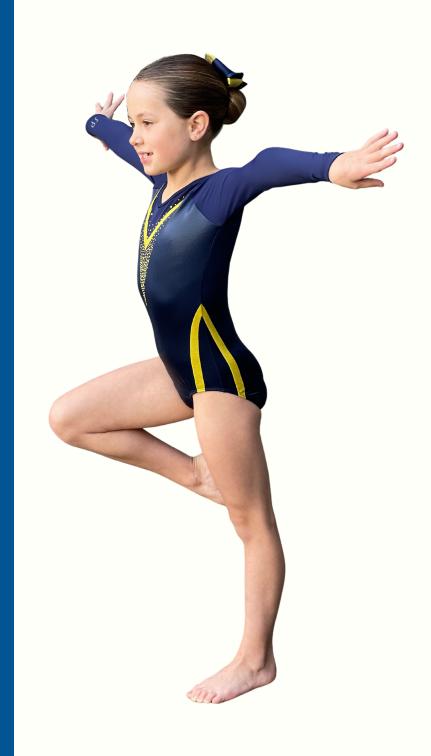
# GYMSTAR

WE OFFER THE GYMSTAR PROGRAM FOR LEVEL'S 1-5. THIS PROGRAM FOCUSES ON LEARNING THE REQUIRED SKILLS AND ROUTINES AT EACH LEVEL FOR APPARATUS INCLUDING VAULT, BEAM, FLOOR, RINGS, PARALLEL BARS AND UNEVEN BARS.

LFK ENCOURAGES GMYNAST'S TO
PARTICIPATE IN COMPETITIONS WHEN
THEY ARE READY. WE ALSO RUN TWO
INTERNAL GYMNASTICS COMPETITIONS A
YEAR FOR ALL OF OUR LFK GYMNASTS.

IF YOUR CHILD DOES NOT LIKE
COMPETING OR PERFORMING, DON'T
STRESS, ALL COMPETITIONS ARE
OPTIONAL.

LEVELS 1-5 AGES 5-16





# BOYSGYMNASTICS

WE OFFER THE GYMSTAR PROGRAM FOR LEVEL'S 1-5 FOR BOYS. THIS PROGRAM FOCUSES ON LEARNING THE REQUIRED SKILLS AND ROUTINES FOR EACH LEVEL ON APPARATUS INCLUDING VAULT, POMMEL, FLOOR, RINGS, PARALLEL BARS AND UNEVEN BARS.

WE RUN TWO INTERNAL GYMNASTICS
COMPETITIONS A YEAR FOR ALL OF OUR
LFK GYMNASTS.

IF YOUR CHILD DOES NOT LIKE
COMPETING OR PERFORMING, DON'T
STRESS, ALL COMPETITIONS ARE
OPTIONAL.

LEVELS 1-4 AGES 5-15

### ACRO

LFK Dance & Gym's Acrobatics program encourage students' acrobatics development in a positive and fun environment.

We aim to improve technique, co-ordination, movement, physical fitness, teamwork and confidence through our Acro classes.

Students have the opportunity to compete in our annual Internal Acrobatics

Competition. This is optional for students.

We also give our Advanced students an opportunity to perform at our End of Year Dance Showcase with our Acro Performance team.

Levels Beginner-Advanced Ages 5-16





## NINJA

Ninja is a high energy program that focuses on improving strength, coordination and motor skills.

It involves learning new tricks and exciting skills in a fun filled and encouraging environment.

Students get the chance to practice on apparatus such as the trampoline, vault, bars, parallel bars and floor.

LFK offers Ninja classes for both boys and girls for students aged 5-11 years.

# ALP

LFK Dance & Gym is very proud to have gymnasts in the ALP Program. This program is set by Gymnastics Australia giving our gymnasts opportunity to compete in State Pennant, South Cross Classic and Victoria Championships.

Our current ALP gymnasts are between Levels 2 to 5, and are training for a minimum 7 to 15 hours a week.

Gymnasts who are new to LFK
Dance & Gym are recommended for
our Gymstar program unless they
have competed in ALP at another
club.



# TERM DATES AND PRICING

#### **2023 Term Dates:**

- Term 1: Monday 30th January Thursday 6th April
- Term 2: Wednesday 26th April Saturday 24th June
- Term 3: Monday 10th July -Saturday 16th September
- Term 4: Monday 2nd October Saturday 16th December

\$20 PER CLASS

Book your free trial today!

# UNIFORM



Long Sleeve Leotard: \$120 Short Sleeve Leotard: \$100



#### **ACRO**



#### **BOYS GYMNASTICS/NINJA**



LFK Gymnastics T-Shirt: \$30



GYM BOW \$10

# UNIFORM

#### **ADDITIONAL GYMNASTICS UNIFORM**



Gymnastics
Compression
Leggings: \$65



# 2023 GYM TIMETABLE

#### **GYMNASTICS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
3:30-4:15PM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	7.70.10434	<b>ALP 2</b> (7:30-10AM)		
4-5PM	LEVEL 1 (BEG, INTER/ADV)	<b>LEVEL 1</b> (BEG, INTER, ADV)	BOYS LEVEL 1 BOYS LEVEL 2	LEVEL 1 (BEG, INTER/ADV)	LEVEL 1 (INTER/ADV)	7:30-10AM	<b>ALP 3</b> (7:30-10AM)		
	LEVEL 1 (DEVELOPMENT SQUAD)	LEVEL 2	BOYS LEVEL 3+4	LEVEL 2	LEVEL 2	10-11AM	LEVEL 1 (BEG, INT/ADV)		
4-5:15PM	LEVEL 2 (BEG, ADV)	(BEG, INTER, ADV)	(4-5:15)	(BEG, INTER/ADV)	(INTER/ADV)	10-11:15AM	LEVEL 1 (DEVELOPMENT SQUAD) LEVEL 2 (BEG/INTER) LEVEL 3		
5-6PM	LEVEL 1 (BEG, INTER/ADV)	<b>LEVEL 1</b> (BEG, INTER/ADV)	LEVEL 1 (BEG)		4-6PM - LEVEL 3				
5-6:15PM	LEVEL 2 (BEG, INTER/ADV)	LEVEL 2 (BEG/INTER)				10-12PM			
5-7PM	LEVEL 3			LEVEL 3	4-6PM - LEVEL 3				
5-7:30PM				LEVEL 4			LEVEL 1		
6-8PM	LEVEL 3		LEVEL 2 (ADV) 6-7:15PM			11-12PM	(BEG/INT)  PRIVATE LESSONS		
6-8:30PM		LEVEL 4+5							

#### **ACRO AND NINJA**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4-5PM					ACRO (LEVEL 2 BEG) NINJA (6-11 YEARS)	11-12PM	ACRO (LEVEL 1BEG, ACRO LEVEL 1 INTER)
5-6PM		ACRO (LEVEL 1 BEG)	ACRO (LEVEL 1BEG, ACRO LEVEL 1 INTER)		ACRO (LEVEL 2 BEG) ACRO (LEVEL 2 INTER) ACRO (LEVEL 1 ADV) NINJA (6-11 YEARS)		
6-7PM		ACRO (LEVEL 1 INTER)	ACRO (LEVEL 2 INTER) ACRO (ADV - INVITE ONLY)			LFKDANCEAN	IDGYM193@ICLOUD.COM





@lfkdanceandgym @lfkindustrysquad

#### CONTACTUS

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LFK Dance & Gym