

**2023**

**LFK**dance  
& gym

**Gymnastics and Acro  
Information Package**



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# WHY CHOOSE GYMNASTICS AND ACRO AT LFK?

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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



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# MEET OUR TEAM

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*Tracy O'Hare*  
Principal- Gymstar Coach



*Anna Lennon*  
Kinder Gym + Gymstar Coach



*Tori Kouach*  
ALP + Gymstar Coach



*Josie Lennon*  
ALP, Gymstar + Acro Coach



*Finley Briggs*  
ALP, Gymstar + Acro Coach



*Aspen Santoro*  
Kinder Gym, Gymstar + Acro Coach



*Olivia King*  
Gymstar + Acro Coach



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# MEET OUR TEAM

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*Lily Hicks*  
Gymstar Coach



*Romi Gould*  
Gymstar + Acro Coach



*Sophie Garforth*  
Gymstar + Acro Coach



*Sean Lennon*  
Gymstar Coach



*Maeve Scollard*  
Gymstar + Acro Coach



*Sarah Scott*  
Kinder Gym + Gymstar Coach



*Dani Gurmesevic*  
Gymstar + Acro Coach



*Erin Swanbury*  
Acro + Gymstar Coach

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# MEET OUR TEAM

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*Taylah Mulholland*  
Gymstar Assistant Coach



*Henrietta Lomas*  
Gymstar Assistant Coach



*Ryan Flanagan*  
Gymstar Assistant Coach



*Zara McIntosh*  
Gymstar Assistant Coach



*Wes Catania*  
Gymstar Assistant Coach



*Mahli McCarroll*  
ALP Assistant Coach



*Evie Middleton*  
Gymstar Assistant Coach



# OUR FACILITY



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# GYMSTAR

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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



# BOYS GYMNASTICS

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





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# ACRO

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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





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# NINJA

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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.

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# ALP

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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.



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# TERM DATES AND PRICING

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## 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

## GYMNASTICS



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

## ACRO



Crop Top: \$60  
Biker Shorts: \$60!

## BOYS GYMNASTICS/NINJA



LFK Gymnastics T-Shirt: \$30



**GYM BOW**  
\$10



# UNIFORM

## ADDITIONAL GYMNASTICS UNIFORM



Long Sleeve  
Top: \$60

Gymnastics  
Compression  
Leggings: \$65



Gym Bow:  
\$10

Gymnastics  
Hoodies: \$75




# 2023 GYM TIMETABLE

## GYMNASTICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
3:30-4:15PM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	7:30-10AM	ALP 2 (7:30-10AM) ALP 3 (7:30-10AM)
4-5PM	LEVEL 1 (BEG, INTER/ADV)	LEVEL 1 (BEG, INTER, ADV)	BOYS LEVEL 1 BOYS LEVEL 2	LEVEL 1 (BEG, INTER/ADV)	LEVEL 1 (INTER/ADV)		10-11AM
4-5:15PM	LEVEL 1 (DEVELOPMENT SQUAD) LEVEL 2 (BEG, ADV)	LEVEL 2 (BEG, INTER, ADV)	BOYS LEVEL 3+4 (4-5:15)	LEVEL 2 (BEG, INTER/ADV)	LEVEL 2 (INTER/ADV)	10-11:15AM	LEVEL 1 (DEVELOPMENT SQUAD) LEVEL 2 (BEG/INTER)
5-6PM	LEVEL 1 (BEG, INTER/ADV)	LEVEL 1 (BEG, INTER/ADV)	LEVEL 1 (BEG)		4-6PM - LEVEL 3	10-12PM	LEVEL 3
5-6:15PM	LEVEL 2 (BEG, INTER/ADV)	LEVEL 2 (BEG/INTER)					
5-7PM	LEVEL 3			LEVEL 3	4-6PM - LEVEL 3	11-12PM	LEVEL 1 (BEG/INT)  PRIVATE LESSONS
5-7:30PM				LEVEL 4			
6-8PM	LEVEL 3		LEVEL 2 (ADV) 6-7:15PM				
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 1 BEG, ACRO LEVEL 1 INTER)
5-6PM		ACRO (LEVEL 1 BEG)	ACRO (LEVEL 1 BEG, ACRO LEVEL 1 INTER)		ACRO (LEVEL 2 BEG) ACRO (LEVEL 2 INTER) ACRO (LEVEL 1 ADV) NINJA (6-11 YEARS)	 LFKDANCEANDGYM193@ICLOUD.COM	
6-7PM		ACRO (LEVEL 1 INTER)	ACRO (LEVEL 2 INTER) ACRO (ADV - INVITE ONLY)				



@lfkdanceandgym  
@lfkindustrysquad

We hope to see you soon!

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CONTACT US

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LFK Dance &  
Gym