



Kogarah RSL sub-Branch Youth Club Classes

Preschool Gymnastics – From age 2- 5

These classes introduce very basic gymnastic skills with parental participation.

Recreational Gymnastics – From age 5 +

For kids who want to learn basic gymnastic skills, stay fit, build strength and flexibility. Children are grouped according to age.

Junior Development

This class prepares children for the competitive levels program. Building on strength and flexibility, the children learn harder and more complicated skills and routines. They are given the opportunity to compete for the club in the Novice Gymnastics Competitions. Gymnasts are aged from 5 – 10 years. This class is by selection only.

Advanced Gymnastics

This class is for gymnasts from 10 years and over. The students are trained the same as the junior development class, getting them ready for competitions and the levels program and is by invitation only.

Levels Gymnastics

Levels classes are designed to develop competitive gymnasts. These gymnasts will have the opportunity to compete at club, regional and state level. The program follows nationally set routines on all apparatus. Levels classes are by selection only.

Jazz

Jazz is an energetic upbeat style incorporating lots of technique including kicks, turns & jumps.

Tap

Tap is an exciting form of dance in which dancers wear special tap shoes and use their feet like drums to create rhythmic patterns and timely beats.

Hip Hop

Hip Hop is a great fun class for those who just want to let their hair down and dance. It is based on a street style of dance and is great for both boys and girls.

Character Choreography

For those students enrolled in Intermediate Dance class who would like to improve their dance technique and performance skills.

Adult Flexibility and Fitness

A class aimed at parents who would like to improve their fitness and flexibility. The class is run similar to a Yoga class.