

2021 Gymnastics Snapshot

PCYC Queensland

Under 5s

KinderGym

KinderGym is one of the most unique programs for our under 5s and their parent/carer. It is a fundamental movement program that stimulates the child's mind and body through playful physical activities. Not only will your child learn to enjoy exercise and movement they will also develop coordination, gross motor skills, balance and body awareness at the same time as making new friends.

KinderPlay

An unstructured, open gym session for ages 0-5 years with their parents/ carers. Casual classes (no commitment required - turn up whenever you like) with the use of the entire gym and a qualified coach.

Gym Sports

All Ages

Gym Sports are a wonderful life-long fitness and gymnastics opportunity for all ages and abilities.

Ninja Warrior / FreeG

Fitter For Life

Adult Gymnastics

Tumbling

Team Gym

Trampoline

Rhythmic

Acrobatics

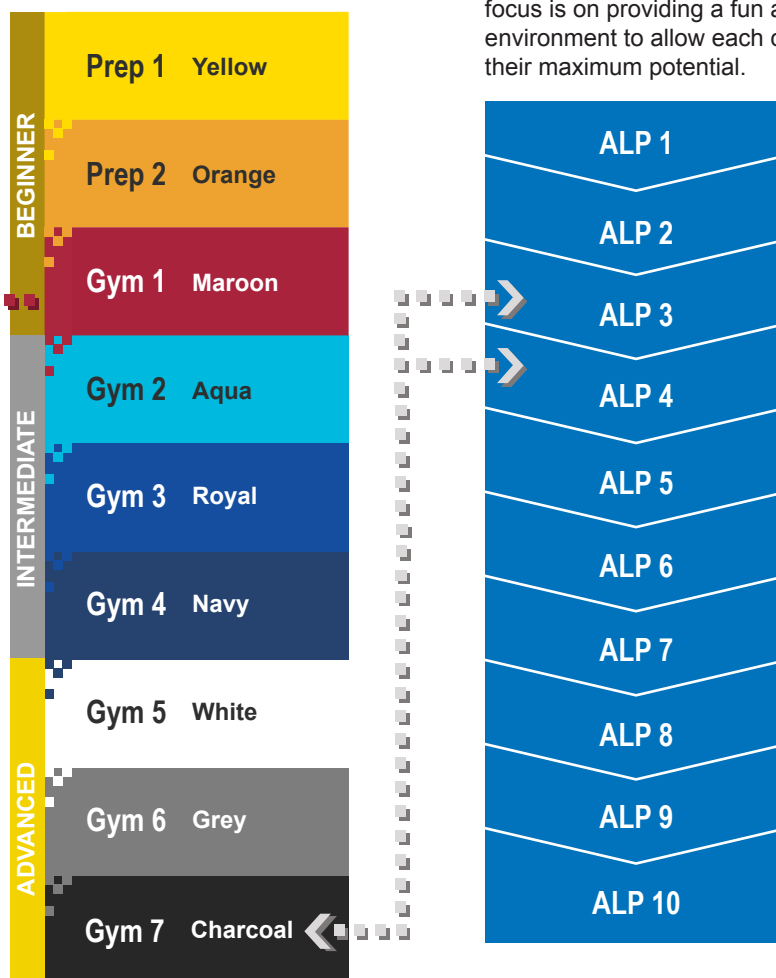
Boys Recreational

Recreational Gymnastics

Non-competitive pathway for all ages and abilities, allowing you to advance through our progressive state-wide syllabus at your own pace, with awards at each level.

Competitive Gymnastics

Our PCYC Queensland competitive club stream has been split into Competitive Squads and Performance Teams, following the Australian Levels Program (ALP). Our focus is on providing a fun and stimulating environment to allow each child to reach their maximum potential.



Gymnastics programs on offer are dependent on each PCYC Queensland club. Please contact your local PCYC Queensland club today to confirm availability.