

Class Age as of 31 st Aug 2017	MONDAY	Teacher	THURSDAY	Teacher
3 – 4 years	3:15 – 3:45pm	Elise & Shiobhan	3:15 – 3:45pm	Shiobhan
5 – 6 years	3:30 – 3:45pm <i>Optional Stretch Class</i> 3:45 – 4:30pm	Lauren & Teaching Assistants: Amber, Lauri & Maisha	3:30 – 3:45pm <i>Optional Stretch Class</i> 3:45 – 4:30pm	Lauren & Teaching Assistants: Amber, Lauri & Maisha
7 – 8 years	4:00 – 4:30pm <i>Optional Stretch Class</i> 4:30 – 5:15pm	Lauren & Teaching Assistants: Amber, Lauri & Maisha	4:00 – 4:30pm <i>Optional Stretch Class</i> 4:30 – 5:15pm	Lauren & Teaching Assistants: Amber, Lauri & Maisha
9 – 12 years	4:45 – 5:15pm <i>Optional Stretch Class</i> 5:15 – 6:15pm*	Lauren & Teaching Assistants: Amber, Lauri & Maisha	4:45 – 5:15pm <i>Optional Stretch Class</i> 5:15 – 6:15pm*	Lauren & Teaching Assistants: Amber, Lauri & Maisha
13 – 16 years	5:30 – 6:00pm <i>Optional Stretch Class</i> 6:00 – 7:15pm*	Lauren	5:30 – 6:00pm <i>Optional Stretch Class</i> 6:00 – 7:15pm*	Lauren
Seniors 17+	6:30 – 7:00pm <i>Optional Stretch Class</i> 7:00 – 8:15pm*	Lauren	6:30 – 7:00pm <i>Optional Stretch Class</i> 7:00 – 8:00pm	Lauren
Beginner Ladies New to Physie in 2017	6:15 – 7:00pm Class held in the Resource Room	Elise	7:00 – 7:45pm Class held in the Resource Room	Elise
Over 50's & 60's	7:00 – 7:45pm Class held in the Resource Room	Elise	6:15 – 7:00pm Class held in the Resource Room	Elise
Ladies 18+	8:00 – 9:00pm*	Lauren	8:00 – 9:00pm	Lauren

Class Notes:

- Classes commence Mon 6th Feb to Thur 19th Oct (TBC when the comp timetable is released mid year). From mid October to early December the National Team will continue classes and all other students will be required for Monday afternoon Christmas Concert Rehearsal: Kindy 3:15 - 3:45, Juniors 3:45 - 4:45, Seniors/Ladies TBA. More information re: Christmas Concert and National Class Times once we receive our dates from head office mid year.
- 9 years to Ladies* - Classes overlap due to technique component of the classes
- Please note that class times are subject to change based on numbers once registrations are complete to reflect the best interest of the students, or later in the year to reflect our teams. IF this occurs, you will be provided with plenty of notice.
- There may be the odd occasion that the school requires use of their hall. IF this occurs we will provide you with as much notice as the school provides us with, and we will do our best to accommodate a replacement class.
- Class Dress Code - 3 yrs to 16 years - leotard, swimmers, bike pants with crop top. 17 years to Ladies - tights and a fitted singlet. No shoes. Hair neatly tied up. Bring a water bottle and a big smile and you are ready for class!