

Southport Gymnastics has joined forces with Delta Gymnastics to offer classes for children of all abilities and experience, from the fun Delta Gym Kids program for toddlers and beginners, through to the highly successful Delta Aspire competitive gymnastics program.

SPECIALTY PROGRAM PATHWAY

Delta's specialty programs are designed to help all kids grow up. We offer a progressive pathway for Delta Gym Kids to Delta Aspire National Champions and beyond!



JUMP INTO GYMNASTICS!

Fun specialty classes for children aged 18mths to 9 years.

Building active, confident & happy kids!

DELTA GYM KIDS CLASSES

We offer gymnastics classes at our Southport Owen Park venue for girls of all abilities & experience!

From toddlers to grade 4, first time beginners to budding gymnasts...we have the perfect class for every Gym Kid!

EXPLORERS | 18 MONTHS - 2.5 YEARS

MOVE LEARN AND GROW!



Introduce your child to the powerful world of movement! With a focus on playing with purpose, toddlers aged 18 months-2.5 years explore essential movement based gymnastics activities designed to enhance the development of motor milestones. Delight in watching your child's eyes light up as you join them in learning through movement & play!

This fun and engaging class is an invaluable child-parent time of discovery through movement!

- Capped at 10 children per coach
- 45 minutes
- Girls & Boys
- Monday – Friday at toddler friendly times
- Delta Brisbane, Delta Cairns & Southport Gymnastics
- Parent/Helper assisted class

MOVERS | 2.5 YEARS – 4 YEARS

LEARN THROUGH MOVEMENT AND PLAY!



In this child-parent class, designed for 2.5 – 4 year olds, you and your little one will have fun exploring movement, jumping, swinging and balancing in the gym. Play goes right to the brain and our enthusiastic and experienced coaches guide you and your Mover through 45mins of fun activities, enhancing the development of learning milestones.

- Capped at 10 children per coach
- 45 minutes
- Girls & Boys
- Monday – Saturday at a variety of convenient times
- Delta Brisbane, Delta Cairns & Southport Gymnastics
- Parent/Helper assisted class
- No uniform required (shorts and tshirt is fine!)

Children in this class are working towards independence, learning to move with confidence and enjoy engaging social interaction with helpers, coaches & other children!

GROOVERS | PRE-PREP / KINDY

DEVELOPING CONFIDENT, HAPPY KIDS!



Welcome to your child's first independent gymnastics lesson! We know movement is a vital foundation to learning and school readiness and our Groovers class is designed especially for children in Pre-Prep. This fun and engaging 45 minute class is the perfect preparation for Groovers starting school next year!

- Capped at 8 children per coach
- 45 minutes
- Girls & Boys
- Monday – Saturday at family friendly times
- Delta Brisbane, Delta Cairns & Southport Gymnastics
- No uniform required (shorts and tshirt is fine!)

Groovers explore essential movement based activities proven to boost physical and cognitive development and we encourage parents to join in warm up with their child before cheering on their independent challenges as they learn through gymnastics!

LEARNING THROUGH GYMNASTICS!



Your Preppie will experience an action packed, 45 minute lesson, exploring gymnastics movement activities proven to boost physical and cognitive development. Children are challenged to discover their movement potential in a fun, safe environment with their coaches and peers. Twice a year, our Prep Gym Kids are invited to showcase all they have learned at our fun-filled Carnival Days!

- Capped at 8 children per coach
- 45 minutes
- Girls & Boys
- Monday to Saturday at convenient times
- Delta Brisbane, Delta Cairns & Southport Gymnastics
- No uniform required (shorts and tshirt is fine!)

Our Gym Kids Prep class is the perfect complement to the first year at school. This class not only develops self-confidence and body awareness; children also learn skills which are transferable to the classroom, the playground and all sports!

BEGINNER | GRADES 1-2 AT SCHOOL

THE FOUNDATION FOR GYMNASTICS SKILLS



Designed especially for children in Grades 1 – 2 at school, the Gym Kids Beginner lesson develop gymnastics movement patterns proven to boost physical and cognitive development. Learning body control, co-ordination and self-confidence, children have fun exploring gymnastics skills and interacting with their coaches and peers – the perfect foundation for both gymnastics and all sports!

Twice a year, our Beginners are invited to showcase all they have learned in class at our fun-filled Carnival!

- Capped at 10 children per coach
- 1 hour lesson
- Girls & Boys
- Monday to Saturday at a variety of convenient times
- Delta Brisbane, Delta Cairns & Southport Gymnastics
- No uniform required (shorts and tshirt is fine!)

The perfect way to keep kids active!

INTERMEDIATE | GRADES 3-4 AT SCHOOL

DEVELOPING GYMNASTICS SKILLS AND TECHNIQUE



Our Gym Kids Intermediate Program is designed especially for children in Grades 3 & 4 at school. Our experienced and qualified coaches will guide your child through an engaging 1.5 hour lesson where they develop gymnastics skills on all four artistic gymnastics apparatus. Our Intermediate Gym Kids focus on refining their body control and are introduced to the basics of core strength and flexibility – all of which are the perfect foundations for this rewarding sport!

Twice a year, our Intermediate Gym Kids are invited to showcase what they have learned in class at our fun-filled Carnival Days!

- Capped at 10 children per coach
- 1.5 hour lesson
- Girls & Boys
- Monday to Saturday at a variety of convenient times
- Delta Brisbane, Delta Cairns & Southport Gymnastics
- No uniform required (shorts and tshirt is fine!)

Keep active and jump into gymnastics!