



## Coffs Coast

Term 4 2025

New Timeslots and New Classes

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NSW, 2452  
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Email: [springloadedcoffscoast@gmail.com](mailto:springloadedcoffscoast@gmail.com)

Booking:  
<https://portal.iclasspro.com/springloadedcoffscoast/dashboard>

Download the app from the AppStore or the PlayStore for easy access to your account



# Term 4 CLASSES TIMETABLE 2025

## MONDAY

**TODDLER GYM**  
10:15-11  
1.5-3 YRS

**KINDY PLAY**  
11-11:45  
3-5 YRS

**CASUAL PLAY**  
12-3  
Structured supervised sessions

**TODDLER & KINDY PLAY**  
**FUN IN MOTION**  
**GYM GEMS TOPAZ**  
3:45-4:30/45

**FUN IN MOTION**  
**BEGINNER DYNAMOS**  
**RECREATIONAL FLYERS**  
4:45-5:45

**GYM CHAMPS Level 5+**  
(COMPETITIVE GYMNASTICS)  
4:45-6:45

**FUN & FREE ADULTS**  
6:30-8:00

## TUESDAY

**FIT AND BALANCE**  
9-10

**TODDLER GYM**  
10:15-11  
1.5-3 YRS

**KINDY PLAY**  
11-11:45  
3-5 YRS

**TODDLER & KINDY PLAY**  
**FUN IN MOTION**  
**GYM GEMS TOPAZ**  
3:45-4:30/45

**FUN IN MOTION**  
**GYM GEMS TOPAZ**  
4:45-5:45

**GYM GEMS SAPPHIRES**  
**GYM CHAMPS Level 3+**  
(COMPETITIVE GYMNASTICS)  
4:45-6:45

**GYM CHAMPS Level 5+**  
(COMPETITIVE GYMNASTICS)  
4:45-7:45

## WEDNESDAY

**TODDLER & KINDY PLAY**  
**FUN IN MOTION**  
**GYM GEMS TOPAZ**  
3:45-4:30/45

**FUN IN MOTION**  
**GYM GEMS TOPAZ**  
**BEGINNER FLYERS**  
4:45-5:45

**INTERMEDIATE DYNAMOS**  
**INTERMEDIATE FLYERS**  
5:45-6:45

## THURSDAY

**MOVEMENT & AGILITY**  
9-10am

**DYNAMO PANDAS**  
10:15-11am  
3-5 YRS

**TODDLER & KINDY PLAY**  
**FUN IN MOTION**  
**GYM GEMS TOPAZ**  
3:45-4:30/45

**FUN IN MOTION**  
**GYM GEMS TOPAZ**  
4:45-5:45

**GYM GEMS SAPPHIRES**  
**GYM CHAMPS Level 3+**  
(COMPETITIVE)  
4:45-6:45

**GYM CHAMPS Level 5+**  
(COMPETITIVE)  
4:45-7:45

**ADVANCE GROUPS FLYERS**  
6:45-7:45

## FRIDAY

**BRAIN & BODY CHAIR BASED**  
9-10am

**TODDLER GYM**  
10:15-11  
1.5-3 YRS

**KINDY PLAY**  
11-11:45  
3-5 YRS

**CASUAL PLAY**  
12-3pm  
Structured supervised sessions

**TODDLER & KINDY PLAY**  
**FUN IN MOTION**  
**GYM GEMS TOPAZ**  
3:45-4:30/45

**BEGINNER DYNAMOS**  
**BEGINNER FLYERS**  
4:45-5:45

**CREATE YOUR OWN TRAINING!!**  
4:45-6:45

## SATURDAY

**TODDLER AND KINDY PLAY**  
8-8:45

**FUN IN MOTION**  
8:45-9:45

**CASUAL PLAY**  
10-5  
Structured supervised sessions & **BIRTHDAY PARTIES**

## SUNDAY

**CASUAL PLAY**  
10-5  
Structured supervised sessions & **BIRTHDAY PARTIES**

**ENROLLMENTS ARE MANDATORY.**



## Unlock Your Potential with **SPRINGLOADED** Coffs Coast

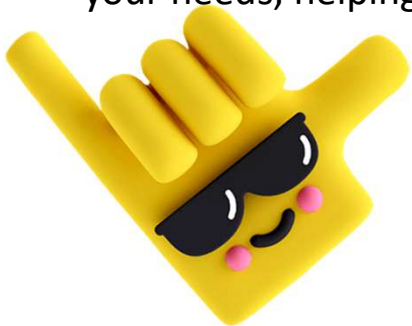
Introducing our **Self-Structured Training Program**—the perfect way to master gymnastics and parkour skills on your own terms!

Ever wanted to learn a specific trampoline trick, floor routine, or parkour jump or flip, but didn't want to commit to a full-term class? This program is for you!

### How It Works:

- 👉 Bring your skill request—whether it's mastering a flip, jump, or any other trick.
- 👉 Work at your own pace with guidance from qualified coaches.
- 👉 No long-term commitments—just a single-entry class whenever you're ready.
- 👉 Enjoy a structured open session where you get to focus on the skills you want to develop.
- 👉 Safe, supportive environment with professional coaches available to provide technical advice, strategy, and supervision.
- 👉 Whether you're a beginner or looking to level up, our coaches will tailor the session to meet your needs, helping you safely progress toward your goals.

Create your own  
training!!  
\$25 per hour



### Bookings are Essential!!!

Spaces are limited, and bookings are essential.

**Friday's 4:45-5:45 AND 5:45-6:45**



## Little Motions

Our Kinder and Toddler programs are designed with a focus on physical and mental development in a fun and interactive environment. The programs are specially designed for toddlers and preschoolers, offering activities focusing on auditory, visual, and kinaesthetic learning that support physical and cognitive development.

Our programs encourage the kids to get active, challenge the environment, and engage in creativity in movement and navigating obstacles. The kids build confidence, resilience, and self-esteem through movement and exploration, providing a foundation for the future. We work together with childcare professionals in a variety of fields to ensure our programs are suited for the age groups and cover developmental needs for our kids in today's environment.

The program is developed for kids between the ages of 18 months (must be able to run) and 5 years. Parents/guardians are encouraged to participate in the classes. The squirrels and monkey classes are progressive from one to the other, providing the opportunity for families to join 1 class with kids in both age groups. The coaches will be able to guide the parents/guardians on the progress of the skills. The Dynamo Pandas is a program developed for the little ones that is adventurous, fast moving, high-energy, and inspired by ninja/parkour programs. The class will help the kids navigate obstacles and run a timed



**Squirrel Toddler's 18mt – 3yr**  
Monday, Tuesday and Friday 10:15-11:00



**Monkey Kindy's 3-5yr**  
Monday, Tuesday and Friday 11:00-11:45



**Dynamo Panda's 3-5yr**  
Thursday 10:15-11:00

**Combined classes: Monday to Friday 3:45 – 4:30 and  
Saturday 8:00-8:45**

## Fun In Motion

Looking for a fun, active, and engaging way for your child to get moving? Our recreational classes are the perfect place to start their journey! At Springloaded, we are dedicated to offering your child a fun and inclusive program, no matter their age and ability, creating an environment for your child to test their body's limitations in a safe and supportive way.

Our recreational programs are designed with a focus on both physical and mental development, all while providing a fun and interactive environment. Our programs include activities that engage auditory, visual, and kinaesthetic learning to support your child's physical and cognitive growth.

Classes are booked according to school stages to ensure children with the same mindset and maturity are grouped.

**We run classes for each group every day, Monday to Friday, from  
3:45 – 4:45 and Monday to Thursday 4:45 – 5:45 Saturday from  
8:45 – 9:45**



**Preschool &  
Kindy**



**Stage 1  
Yr 1 & 2**



**Stage 2  
Yr 3 & 4**



**Stage 3  
Yr 5 & 6**



**Highschool  
Teens**

## Create your own Training!!!!

### Unlock Your Potential with Springloaded Coffs Coast!

Introducing our **Self-Structured Training Program**—the perfect way to master gymnastics and parkour skills on your own terms!

Ever wanted to learn a specific trampoline trick, floor routine, or parkour jump or flip, but didn't want to commit to a full-term class? This program is for you!

#### How It Works:

- ❖ Bring your *skill request*—whether it's mastering a flip, jump, or any other trick.
- ❖ Work at your own pace with guidance from qualified coaches.
- ❖ No long-term commitments—just a single-entry class whenever you're ready.
- ❖ Enjoy a structured open session where you get to focus on the skills you want to develop.
- ❖ Safe, supportive environment with professional coaches available to provide technical advice, strategy, and supervision.
- ❖ Whether you're a beginner or looking to level up, our coaches will tailor the session to meet your needs, helping you safely progress toward your goals.

#### Book Your Spot Today!

Spaces are limited, and bookings are essential. Start your journey to mastering new skills today at Springloaded Coffs Coast!

**Friday 4:45 – 5:45 AND 5:45 – 6:45**



| Flyers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Dynos / Parkour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Awakened Motion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p>At Springloaded, we offer a Beginner, Recreational and Competitive Trampoline program – “Flyers”.</p> <p>The Flyers program is perfect for those who want to experience what it feels like to play in the air, like a bird. We teach trampolining techniques that will provide you with an understanding of the skills and movement patterns in order to perform the skills in a safe way as well as giving you the body control to advance your skills to the next level.</p> <p>Gymnasts perform routines on the tumble trampoline as well as individual and synchronized jumps on the trampolines.</p> <p>With the recreational Flyers program on a Monday, kids get the opportunity to learn and practice the techniques and body control to enjoy a trampoline as well as pulling these skills to the outside world in Parkour or scooter bike, skateboarding and surfing.</p> <p><b>Minimum age is 6yr</b></p> <p><b>Beginner Flyers: Wednesday and Friday 4:45 – 5:45</b></p> <p><b>Recreational Intermediate Flyers: Monday 4:45 – 5:45</b></p> <p><b>Competitive Flyers: (by invitation only)</b><br/> <b>Intermediate – Wednesday 5:45-6:45</b><br/> <b>Advance Flips and Flyers: Thursday 5:45 – 7:45</b></p> | <p>Are you a high-energy, fast-thinking, creative person who likes to challenge their environment and add a bit of excitement and adventure to their life? Then this program was made just for you.</p> <p>Our Dynamo’s program is inspired by parkour, ninja, martial arts, tricking, and freestyle gymnastics. We do skills on anything and everything, with the limits being your imagination. We train floor obstacles, bar obstacles, time run, and air challenges.</p> <p>This program requires lots of coordination, body awareness, balance, spatial awareness, strength, and agility. As well as a heavy dose of creativity, guts, and fun.</p> <ul style="list-style-type: none"> <li>• You will master flips, vaults, and kicks while improving coordination and control.</li> <li>• You will build confidence and discipline through focus and respect, while fostering bravery, creativity, and resilience. It’s a perfect blend of fun and learning!!!</li> <li>• You will build physical strength, improve flexibility, and develop quick reflexes—skills that help them both in sports and everyday life.</li> <li>• You will get the opportunity to challenge and push yourself, doing perceived dangerous things in a safe environment, with the support and encouragement of your coach and teammates.</li> </ul> <p><b>Minimum age is 6yr</b></p> <p><b>Beginner Dynamos: Monday, and Friday 4:45 – 5:45</b></p> <p><b>Intermediate Dynamos: Wednesday 4:45 – 6:45</b></p> | <p>Looking to level up your performance in soccer, netball, AFL, hockey, or even surfing? Our early morning training sessions are packed with agility, endurance, and fun!</p> <p>Come join us in our early morning training program. We focus on Key Movements, working on dominant movement patterns and bodyweight exercises that enhance your game performance.</p> <p>We offer a Fun &amp; Supportive Environment where training is challenging yet enjoyable, with a focus on team spirit and mental well-being. Connect with others and enjoy the social side of fitness! We use Gymnastics &amp; Bootcamp Circuits, train using gymnastics equipment to create exciting circuits and bootcamp-style workouts. Push yourself at your own pace, and our coaches will guide you toward discovering untapped potential.</p> <p><b>What You’ll Improve:</b><br/> <b>Coordination &amp; Balance:</b> Master the movements that give you an edge on the field or in the waves.<br/> <b>Spatial Awareness &amp; Agility:</b> Sharpen your reaction time and make better decisions under pressure.<br/> <b>Injury Prevention &amp; Rehab:</b> Learn how to stay healthy with tips on injury prevention and effective rehab techniques.<br/>           Whether you're looking to enhance your skills or build overall fitness, our training sessions will help you achieve your goals while making fitness fun. Awaken your potential today!</p> <p><b>Anyone is welcome to join in, between the ages of 10 and 18.</b><br/>           For younger kids, please contact Clara to discuss your needs<br/> <b>Monday, Wednesday and Thursday 6:00 – 7:30am</b></p> |

## Gym Champs

***This program requires previous competitive gymnastics experience!***

The Gym Champs program is designed for the more serious artistic gymnasts who wish to participate at a competitive level. This program will be on an invitation-only basis, and the prerequisite will be a skill level of at least ALP level 3. This program will follow a formal training schedule, and gymnasts will be required to attend all the class sessions.

At Springloaded, we follow a top-down, progressive levels program, providing solid foundations and skill development that will enable them to build confidence and trust in their own abilities. We will provide a competitive platform and will also enjoy the fun side of competing joining in with the Australian Gymnastics Competition programs.

The leagues are set up like with skill and composition requirements, with no set routines. Each gymnast or club can create their own routines and use their music on all events.

Gymnasts are required to attend all training sessions and will be given the option to attend competitions. It is advisable to attend at least 1 morning training session as well (Awakened Motion)

**Level 1 and 2: Please register under the Gym Gems Sapphires**

**Level 3 and 4: Tuesday and Thursday 4:45 – 6:45 (This time will potentially be extended to 7:45)**

**Level 5 and up: Monday 4:45-6:45  
Tuesday and Thursday 4:45-7:45**

## Gym Gems

At Springloaded Coffs Coast, we offer the opportunity to develop gymnastics skills in a recreational, fun, and inclusive environment. The kids get to build their skills on the set gymnastics apparatus within a progressive levels program. The programs follow the Future Leagues program designed by Recreational Gymnastics Australia. The program promotes the opportunity to participate in a fun, positive, individual and team-based competitive program, that is enjoyable for all, but allows the gymnasts to see growth and progression. The program starts at a beginner level (FL1) with the focus on basic skills and an understanding of the gymnastics movement patterns and progresses to a high level FL6, which allows the gymnasts to learn more difficult skills and advance tumbling passes.

The aim is to provide an environment where gymnasts can compete or train in a fun and inviting program that transitions from an entry level to higher levels of skill difficulty without the pressure of a typical competitive environment. The participants do not need to attend a competition to progress through the levels, as it is based on each participant's progression. The Future League program also offers the opportunity to transition into the Australian Gymnastics Competition and/or Gymnastics Australia pathways. The competition events maintain a high level of energy and fun, where sportsmanship between clubs and teammates is encouraged

**Minimum age is 6yr**



## Gym Gems and Gym Force cont



### Gym Gems program

For gymnasts wanting to master the traditional artistic gymnastics apparatus with core gymnastics elements. Apparatus, vault, beam, bars, floor. The routines have set skills and composition requirements and the gymnast is able to use their own music and create their own routines and combinations within these parameters



### Gym Forces program

For gymnasts wanting to master the high energy, power and agility needed to compete on the traditional men's apparatus. vault, mushroom, high bar, ring, parallel bars, and floor. Gymnasts will compete on 4 apparatus.

Gymnasts are encouraged to attend 2 classes per week to ensure they get an opportunity to practice on all the apparatus.

#### Beginner Levels:

**Gym Gems Topaz – Monday to Friday 3:45 – 4:45  
– Tuesday to Thursday 4:45 – 5:45**

#### Intermediate Levels:

**Gym Gems Sapphires – Tuesday and Thursday 4:45 – 6:45**

#### Advanced Levels:

**Gym Gems Opals – Monday 4:45-6:45, Tuesday and Thursday 4:45 – 7:45 (Please contact me for more information about our competitive program)**

| Free In Motion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Fun and Free Adults                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <p>It's never too late to start moving! Our Senior Fitness Program is designed to help you stay active, healthy, and strong while having fun in a supportive environment. Whether you're looking to improve flexibility, build strength, or simply stay fit, our program is here to support you at every stage of life.</p> <p>Our exercises are specifically designed to enhance mobility, balance, and strength, helping you feel more confident in everyday activities, in a fun and social environment, while you stay motivated and connected with like-minded people.</p> <p>All fitness levels are welcome, whether you're new to exercise or an experienced mover; our program offers modifications to suit everyone.</p> <p>At Springloaded, we will offer 3 different programs with different objectives.</p> <p><b>Balance and step:</b> Tuesday 9-10 focuses on balance and mobility, increasing strength and overall fitness, and using the gymnastics equipment and trampolines.</p> <p><b>Movement and Agility: Thursday, 9-10,</b> is for joint strength, core, pain management, and injury prevention.</p> <p><b>Brain and Body: Friday 9-10</b> focus on cognitive and physical connections. This is a chair-based fitness program that increases coordination, and cognitive and mental health.</p> <p>These programs are for all adults. We are happy to discuss specific needs that you might have.</p> <p> Improve Your Quality of Life Feel stronger, more energized, and ready to take on each day with confidence. Our Senior Fitness Program is a wonderful way to invest in your health and well-being—no matter your age!</p> <p>Join Us Today and Take the First Step to a Healthier Tomorrow</p> | <p>Unlock Your Potential with Our Adult Gymnastics Program!</p> <p>It's never too late to rediscover your strength, flexibility, and confidence. Our <b>Adult Gymnastics Program</b> is designed to help you reach new fitness goals, no matter your starting point. Whether you're a beginner or someone looking to refine your skills, our classes offer a fun, supportive, and challenging environment to help you move, stretch, and grow.</p> <p>In our program, you'll experience a full-body workout that focuses on improving strength, balance, and flexibility, all while learning the foundational skills of gymnastics. From basic tumbling to more advanced movements, our experienced coaches tailor each class to meet your needs and help you progress at your own pace.</p> <p>This program isn't just about fitness—it's about pushing your limits, challenging yourself, and gaining a sense of accomplishment. With a mix of dynamic exercises, floor routines, and bodyweight training, you'll see improvements in your overall fitness and coordination. Plus, you'll enjoy the mental clarity and confidence that come with mastering new skills.</p> <p>Whether you're looking to improve your physical health, try something new, or simply add some fun into your routine, our Adult Gymnastics Program is the perfect place to start.</p> <p>Step into the gym, challenge yourself, and rediscover the joy of movement. Sign up today and experience the benefits of gymnastics in a whole new way!</p> <p><b>Monday 6:30 – 8:00</b></p> |

## Class Fees

### Membership:

Fee includes: Springloaded T-shirt  
20% Discount on Birthday Bookings  
Discount for you on Weekend casual play  
VIP Enrollment and Event Discounts

### Class Fees:

**All class fees are charged per school term and payable by week 2 of each term**

|          |                |
|----------|----------------|
| 45 min   | \$16 per class |
| 1 Hour   | \$20 per class |
| 1½ hours | \$25 per class |
| 2 hours  | \$30 per week  |
| 3 hours  | \$45 per week  |
| 4 hours  | \$55 per week  |
| 6 hours  | \$69 per week  |
| 8 hours  | \$80 per week  |
| 9 hours  | \$90 per week  |



### Registration and insurance fee:

**Springloaded Coffs Coast is affiliated with Recreational Gymnastics Australia \$90 per year.** Registration and insurance fees must be paid on enrolment, and will be charged yearly.

### Active Kids Vouchers

Accepted provider

**Casual Play****Birthday Parties/Events****Private Parties / Events****Structured Supervised sessions:****Saturday AND Sunday: 10 – 5****Monday AND Friday: 12 – 3**

**Supervising adult enters for free. All accompanying Adults, ACTIVELY USING THE EQUIPMENT need to pay the entry fee**

|               |         |      |              |         |      |
|---------------|---------|------|--------------|---------|------|
| Under 5 years | 1 hour  | \$15 | Over 5 years | 1 hour  | \$18 |
|               | 1½ hour | \$21 |              | 1½ hour | \$25 |
|               | 2 hours | \$27 |              | 2 hours | \$30 |

**Birthday Parties:**

**Birthday Parties need to be booked on our booking system**

**\$250 for you and 10 of your friends. Additional friends \$15 per person**

Party Times: Saturday and Sunday 10-12pm AND 1 – 3pm

Monday and Friday 12:30 2:30

- 1.5 All-access play time
- 1/2 hour for cake, food & presents
- Reserved table & chairs for the duration of the party
- BYO food and drinks
- We will clean up for you!

**Private Venue Hire:**

**For pricing and details, please get in touch with us via email or phone**

[springloadedcoffscoast@gmail.com](mailto:springloadedcoffscoast@gmail.com) Office: (02) 6658 7188

Private hire is available outside of normal business hours. After 5:30

BYO food and drinks