

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!



REACH FOR THE STARS!

**WORLD CLASS COMPETITIVE ARTISTIC GYMNASTICS
TRAINING FOR BEGINNERS AGED 10+, TO BUDDING
GYMNASTS, LEVELS & ELITE NATIONAL CHAMPIONS & BEYOND!**

Educating, guiding and inspiring our gymnasts to reach their potential,
reach their goals and reach for the stars!

DELTA ASPIRE PROGRAM STREAMS

Delta Aspire gymnastics classes range from 2 – 24 hrs per week, and provide gymnasts with a progressive pathway through the Australian National Levels program (Level 1-10 & International).

Whether new to the sport (grade 5+), a junior gymnast in the making or an experienced, high level gymnast, the Delta Aspire gymnastics program streams are tailored to encourage all participants to be the very best they can be!

FOUNDATIONS | LEVEL 1-3

LEAP INTO GYMNASTICS!



The Delta Aspire Foundations stream introduces gymnasts of all abilities to performance artistic gymnastics. With classes ranging from 2 to 9 hours a week there is class to cater for everyone, from first timers (in Grade 5 and above) to budding gymnasts!

Foundations gymnasts progress through WAG & MAG Levels 1-3 and are invited to perform at three internal team competitions per year. As an introductory stepping stone to competitive levels gymnastics, the primary focus is learning strong skill techniques, developing great training attitudes and enjoying being part of a team. Above all else, it's about building a love of gymnastics!

- Women's Artistic Gymnastics (WAG) Level 1-3 offered at Delta Brisbane, Delta Cairns & Southport Gymnastics.
- Men's Artistic Gymnastics (MAG) Level 1 offered at Delta Brisbane & Southport Gymnastics. MAG Level 1-3 offered at Delta Cairns only.
- Aspire 2 classes – beginners welcome! Selection to Aspire 3 & up classes is by invitation
- Classes run Monday – Saturday
- Club uniform required for competition

PERFORMANCE | LEVEL 4-6

LIVE AND LOVE GYMNASTICS!



The Delta Aspire Performance stream caters for gymnasts in Level 4-6 and offers artistic gymnastics classes ranging from 4 to 16 hours per week. To be selected, gymnasts must have progressed from the Foundations stream, or have prior competitive gymnastics experience at a similar level.

With a focus on developing physical strength and flexibility, gymnasts achieve excellent technique across all apparatus, while fostering positive training attitudes and a lifelong love of gymnastics! Gymnasts in this stream learn to maximise performance on the competition floor and compete in both individual and team events at a Club, Regional and State level. Our Performance stream provides key progression into the Competitive Team and encourages gymnasts to set long term goals and strive to be the best they can be!

- Women's Artistic Gymnastics (WAG) Level 4-6 offered at Delta Brisbane, Delta Cairns & Southport Gymnastics.
- Men's Artistic Gymnastics (MAG) Level 4-6 offered at Delta Cairns only.
- Selection to the Aspire Performance stream is by invitation
- Classes run Monday – Saturday
- Club uniform required for competition

COMPETITIVE | LEVEL 7-10 & INTERNATIONAL

EXCEL AT THE HIGHEST LEVEL!



The Delta Aspire Competitive stream caters for elite, high level gymnasts with the desire and ability to excel in Level 7-10 and/or the International arena. Gymnasts selected into this stream will train between 16 plus hours per week and contest individual and team Club, Regional, State, National and International events. Gymnasts are also invited to travel as a team on interstate and international tours.

Athletes in the Competitive team lead the way for the Delta Aspire Program. With a focus on mastering high level skills, exceptional strength and conditioning and an emphasis on goal setting and teamwork, gymnasts are equipped with the skills to be the best they can be – in the gym, at school and in future endeavours!

- Women's Artistic Gymnastics (WAG) Level 7-10 offered Delta Brisbane, Delta Cairns & Southport Gymnastics.
- Men's Artistic Gymnastics (MAG) Level 7-10 offered at Delta Cairns only.
- Selection to the Aspire Competitive stream is by invitation
- Classes run Monday – Saturday
- Club uniform required for competition