PRIME WAG PROGRAM MOVEMENT

DEVELOPMENTAL GROUPS

Advance Developmental (2hrs)
2hrs x 3 = 6hrs
2hrs x 2 = 4hrs

Intermediate Developmental (2hrs)
2hrs x 3 = 6hrs
2hrs x 2 = 4hrs

Beginner Developmental (2hrs)
2hrs x 3 = 6hrs
2hrs x 2 = 4hrs

Gymnovice (1hr)
8 years old & above

Gymnovice (1hr)
5 to 7 years old

Kindergym (1hr)
3 to 5 years old

Gymtots (Parent Accompanied)
1.5 to 3 years old (1hr)

SEMI-COMPETITIVE GROUPS

Novice Competitive (3R/4R/5R)
4hrs x 2 = 8hrs

COMPETITIVE GROUPS

Elite Junior/Senior (WAG 7 & above)
4hrs x 5/6 = 20-24hrs

Espoirs (WAG 5/6)
4hrs x 4 = 16hrs

Junior Espoirs (WAG 3/4)
4hrs x 3 = 12hrs

WAG 2
2hrs x 3 = 6hrs

WAG 1
2hrs x 2 = 4hrs

WAG Prep Squad (1.5hrs)
4 years old

PRIME GYMNASTICS SINGAPORE