

School Holiday Acrobatics Workshop 2018

Schedule

Dates for 2018

22nd Jan & 23rd Jan
23rd April & 24th April
16th July & 17th July
8th Oct & 9th Oct

Time

9am – 12pm

Cost

\$45.00 per day

**Bookings are
essential!
Payment required
at time of booking.**

Contact

Gymsports Administration
9846 1270
www.chfac.com.au
gymnastics@chrslgroup.com.au

Now Available over 2 days!

Suitable for Boys & Girls

6 – 15 years old

Due to popular demand we have now added a 3 hours Acrobatics workshop to our holiday program list. Acrobatics will offer the opportunity to develop the acrobatic skills at a Beginner, Intermediate or Advanced level.

We can cater to all levels and children will be placed in groups within the program based on experience and ability.



This program is designed and run by our accredited Gymnastics Coaches and offers the opportunity to train in a safe and professional environment.

We will develop skills from Basic Cartwheels and round offs for Beginners through to the more advanced, where we can concentrate on skills such as forward and backward walkovers, side and front aerials as well as building core strength and flexibility.

For those older children with more extended skill level; we will be developing handsprings and back / front flips.

This Program will run for 3 hours per day and is open to both boys and girls.

Numbers are limited so book early to avoid disappointment.

To book please complete the attached Acrobatics Holiday Workshop Booking Form.

We welcome your interest and enquiries.

Castle Hill Gymnastics
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