



Senior and Adult Gymnastics

Schedule

Beginners Class:

8 – 9pm Tuesdays + Thursdays

Intermediate/Experienced Classes:

8pm - 10.30pm Tuesdays +
Thursdays

Term 1: 27th January – 9th April

Term 2: 26th April – 2nd July

Term 3: 18th July - 24th September

Term 4: 10th October – 17th December

Cost Requirements

NO BOOKINGS NECESSARY

COST	Casual Fee	10 Visit Pass (12 months exp)
Non-RSL Member	\$18.00	\$160.00
RSL Member	\$16.00	\$140.00
C2K Member	\$14.00	\$120.00

Coaches

Natasha Needs

Jaydon Whelan

Tyler Morpeth

Matthew Weal

Contact Administration for details

Ph: 9846 1270 Fax: 9846 1222

www.c2kfitnesscentre.com.au/gymnastics

gymnastics@castlehillrsl.com.au

Always wanted to do Gymnastics but never had the opportunity?

Castle Hill RSL Gymnastics Club offers gymnastics classes for all ability levels of gymnasts aged from 18 years and onwards at our fully equipped gymnastics facility located within the C2K Fitness and Aquatic Centre.

The Beginners and Less experienced can work with the coaches towards a more successful training plan to achieve your goals at 8-9pm on Tuesdays and Thursdays.



The club offers two types of training for participants. **Coach Assisted** sessions for people who have had little or no gymnastics experience before and **Senior and Experienced** training for ex competitive gymnasts and accredited gymnastics coaches. Within our Coach assisted class, a fully accredited coach will help you in learning basic gymnastics skills and concepts. This training will be geared to your individual level, so don't think it will be too difficult. Remember gymnastics is for EVERYBODY and it can assist you develop your strength, flexibility and general fitness.

For those ex gymnasts who are thinking of making a comeback our Seniors and Experienced sessions are for you. You control and direct your own training as well as receive feedback from others in the gym.

Gymnastics Enrolment forms are to be completed prior to participating in the class. Please see reception to complete these forms and book in for the class.

10 Visit Cards can be obtained from C2K reception.

**Remember: You are never too old –
Only more experienced!**

Castle Hill RSL Club– GYMNASTICS
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