



Adult Gymnastics

Schedule

Beginners Class:

Tuesdays + Thursdays
8 – 9pm

Intermediate/Experienced Classes:

Tuesdays + Thursdays
8pm - 10.30pm

Term 1: 30th January – 12th April

Term 2: 1st May – 5th July

Term 3: 24th July – 27th September

Term 4: 16th October – 13th December

Cost Requirements

NO BOOKINGS NECESSARY

Initial Visit: \$20.00

COST	10 Visit Pass (12 months exp)
Non-RSL Member	\$160.00
RSL Member	\$140.00
CHF Member	\$120.00

Annual Membership

NSW Gymnastics \$25.00

(Annual affiliation payable upon purchase of 10 Visit Pass)

Coaches

Jaydon Whelan
Shinta Thomson
Jordan Mitchell

Contact Administration for details

Ph: 9846 1270 Fax: 9846 1222
www.chfac.com.au/gymnastics
gymnastics@chrslgroup.com.au

Always wanted to do Gymnastics but never had the opportunity?

Gymnastics is for EVERYBODY - it assists you with strength development, flexibility and general fitness.

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



Our Adults program offers two types of training for participants. **Coach Assisted** sessions for people who have had little or no gymnastics experience and **Senior and Experienced** training for ex competitive gymnasts and accredited gymnastics coaches. You control and direct your own training as well as receive feedback from coaches.

JUST FOR BEGINNERS - Within our Coach assisted class, which runs within this program from 8-9pm, one of our fully accredited coaches will help you to learn basic gymnastics skills. This training will be geared to your individual level.

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 Castle Hill Fitness reception.

Castle Hill Gymnastics
77 Castle Street, CASTLE HILL NSW 2154
PO Box 25, CASTLE HILL NSW 1765
Phone: 9846 1270 Fax: 9846 1222