

Beginners Recreation Gymnastics

Schedule

Gymnastics Class Times

Tuesday 4 - 5pm, 5 - 6pm,
6 - 7pm

Thursday 4 - 5pm, 5 - 6pm,
6 - 7pm

Saturday 8 - 9am, 9 - 10am
10 - 11am

Cost

Annual Memberships

CHRSL Junior Sports
Membership \$10
NSW Gymnastics \$50

Term Coaching Fees

(Based on 10 week School
Term)
10 weeks \$220

**Club T-Shirt will be
provided- 1 per child
per year.**

School Children aged 5-11

Please enquire about our
School Holiday Gymnastics
with Full Week Clinics for
Swim/ Gym / Trampoline
Or 1 day & 1/2 day classes
and Holiday Sports Programs
Classes

Contact

Gymsports Administration
9846 1270

www.chfac.com.au

gymnastics@chrslgroup.com.au

Beginners Recreation Gymnastics Classes

Children from the age of 5 years begin by joining a 1 hour recreation class where they develop strength, flexibility, coordination and have plenty of fun. This serves to prepare your child's body for any future sport as well as further gymnastics. This program caters to 5-11 years Inclusive.



The opportunity to progress to our Competitive Level for Mens Gymnastics, Womens Gymnastics or Trampoline Program is available within this program. Every child will be assessed in week 7 of every term. Based on that assessment, progression into higher stages can be made if appropriate.



Our Gymnastics Club is a 5 star quality assurance club which has a well earned reputation as a leading club in the region, for both boys and girls, developing your child's skills in a safe and fully equipped facility that is state of the art and air conditioned. Our coaches are qualified NCAS Accredited. Gymnastics Coaches and our Club are affiliated with Gymnastics NSW.

Class size is limited to 10 children with each coach, where each squad will be taught warm up and cool down exercises as well as basic gymnastics movements and skills on the various apparatus. Membership is a 10 week

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