



Seniors Gymnastics

Schedule

Class Times:

12.30-1.15pm

Monday, Wednesday and Friday

Term 1: 29th January – 13th April

Term 2: 30th April – 6th July

Term 3: 23rd July – 15th September

Term 4: 15th October – 14th December

Cost Requirements

NO BOOKINGS NECESSARY

COST	Casual Fee	10 Visit Pass (6 months exp)
Non-RSL Member	\$16.00	\$140.00
RSL Member	\$14.00	\$120.00
CHF Member	\$5.00	\$50.00

Coaches

Theresa Simonsen
Caprice Manfre
Kim Cordova
Katie Toghil
Vanessa Whelan

Contact Administration for details

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www.chfac.com.au

gymnastics@chrslgroup.com.au

Fit for Life – Gymnastics for Older Adults

**Get stronger, more mobile and be able to
continue the activities you love to do in life.**



Run by our qualified Seniors Gymnastics program coaches in our State of the Art Gymnastics Centre, Gymnastics for Older Adults- Fit for Life is a fun and social opportunity that aims to help you improve your mobility, strength and coordination; the activities in the program can be catered to you and tailored to your level of ability or mobility.

The skills developed in the Gymnastics Fit for Life for Older Adults program are used for common activities, such as:

- Walking up and down a flight of stairs;
- Hanging out the washing;
- Bending down or reaching up into cupboards; and
- Playing with grandchildren.

**Come and join our new program on a casual basis-
No Booking Required**

Castle Hill GYMNASTICS
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