

Adult Gymnastics 2024

Schedule

Tuesday: 8:00pm – 10:00pm

Thursday: 8:00pm – 10:00pm

Dates for 2024:

Term 1: 5th February - 13th April

Term 2: 29th April- 6th July

Term 3: 22nd July- 28th September

Term 4: 14th October- 14th December

Cost Requirements:

Annual Membership

Gymnastics NSW - \$35.00

(GymNSW affiliation payable with 10 visit pass. 12-month expiry from date of purchase)

Cost	Casual	10 Visit pass (12mth exp)
General Entry	\$25	\$180
CHF Member	\$25	\$160

NO BOOKINGS NECESSARY



Scan QR code to access online portal & create account.

(Please note: Account required to book into class)

Coaches

Elissa Tocher

Travis Donaldson

Kiara Costello

Contact

Gymnastics administration

Ph: 9846 1270

www.chfac.com.au/gymnastics

gymnastics@chrg.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.**

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 –

One of our fully accredited coaches will help you to learn basic gymnastics skills in our Coach assisted class. This runs within the adults program from 8pm and training will be geared to your individual level.

