

# School Holiday Acrobatics Workshop 2024

## Schedule

### Dates for 2024

22<sup>nd</sup> & 23<sup>rd</sup> January

22<sup>nd</sup> & 23<sup>rd</sup> April

15<sup>th</sup> & 16<sup>th</sup> July

8<sup>th</sup> & 9<sup>th</sup> October

### Time

9am – 12pm

### Cost

\$55 per Half day

Contact Administration  
for Bookings or use our  
Online Booking Portal



Scan the QR  
Code to  
access the  
online portal

Payment required upon  
enrolment.

### Contact

Gymsports Administration  
9846 1270

[www.chfac/gymnastics.com.au](http://www.chfac/gymnastics.com.au)  
[gymnastics@chrg.com.au](mailto:gymnastics@chrg.com.au)

## Now Available over 2 days!

Suitable for Boys & Girls

6 – 15 years old

Due to popular demand, we have now added a 3 hours Acrobatics workshop to our holiday program list. Acrobatics will offer the opportunity to develop the acrobatic skills at a Beginner, Intermediate or Advanced level.

We cater to all levels and children will be placed in groups within the program based on experience and ability.



This program is designed and run by our accredited Gymnastics Coaches and offers the opportunity to train in a safe and professional environment.

We will develop skills from Basic Cartwheels and round offs for Beginners through to the more advanced, where we can concentrate on skills such as forward and backward walkovers, side, and front aerials as well as building core strength and flexibility.

For those older children with more extended skill level; we will be developing handsprings and back / front flips.

This Program will run for 3 hours per day and is open to both boys and girls.

***Numbers are limited so book early to avoid disappointment.***

We welcome your interest and enquiries.

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