

Beginners Recreation Gymnastics 2024

Schedule

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

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

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

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

CHRSL Junior Sports Membership - \$10

Gymnastics NSW - \$75

(payable term 1-3, excluding term 4)

Term Fees

Term 1-3: 10 weeks \$260

Term 4: 9 weeks \$234

CHG Club T-shirt provided 1 per child

School Children aged 5-11

Bookings



Scan QR code to access online portal & create account to book.

Contact

Gymnastics administration

Ph: 9846 1270

www.chfac.com.au/gymnastics

gymnastics@chrg.com.au

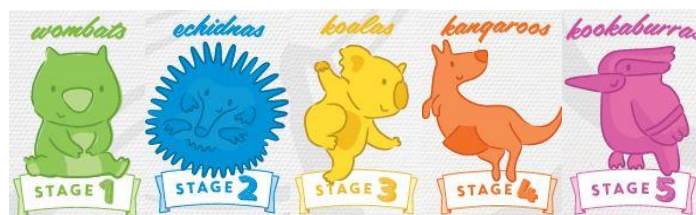
Beginners Recreation Gymnastics Classes

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 Men's Gymnastics or Women's Gymnastics 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. This is a term program with assessment and reporting in week 7 to assist in talent identification and skill development.