



# Seniors Program 2024

## Schedule

### Class Times:

12.30-1.15pm

Monday, Wednesday and Friday

Term 1: 5<sup>th</sup> February - 13<sup>th</sup> April

Term 2: 29<sup>th</sup> April – 6<sup>th</sup> July

Term 3: 22<sup>nd</sup> July – 28<sup>th</sup> September

Term 4: 14<sup>th</sup> October – 21<sup>st</sup> December

## Cost Requirements

COST	CASUAL	10 VISIT PASS (12 months exp)
General entry	\$19.00	\$160.00
CHF Member entry	\$6.00	\$60.00

**NO BOOKINGS NECESSARY**

## Coaches

Caprice Manfre

Ella Whelan

Krystyna Singleton-Turner

Vanessa Whelan

## Contact Administration for details

Ph: 9846 1270 Fax: 9846 1222

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

[gymnastics@chrg.com.au](mailto:gymnastics@chrg.com.au)

<https://app.iclasspro.com/portal/castlehillgymnastics>

## Fitter for Life – Strength & movement program for over 55's

**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, Fitter 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 Fitter for Life program are used every day in 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.



## Staying Active

Castle Hill GYMNASTICS

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