

Teens Gymnastics 2022

Schedule

Days & Times:

Mondays: 7.30 – 9.00pm

Wednesdays: 7.30 – 9.00pm

Dates for 2021:

Term 1

31st January – 9th April

Term 2

26th April – 2nd July

Term 3

18th July – 24th September

Term 4

10th October – 17th December

Cost Requirements:

NO BOOKINGS NECESSARY –
CHECK IN AT CHF RECEPTION

INITIAL VISIT - \$20.00

10 VISIT PASS - \$170.00

Annual Membership

NSW Gymnastics \$30.00

(Annual affiliation payable upon purchase
of 10 Visit Pass)

Contact Administration for details

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www.chfac.com.au/gymnastics

gymnastics@chrg.com.au

Teens Gymnastics Program **Focus on fitness and tumbling for** **Beginners through to Advanced level**

Our teens sessions are the perfect opportunity for ages 12 – 17 to come in to our state of the art facility and work on building gymnastics skills from the basic round off through to the more advance tumbling skills. This program provides the perfect balance of fitness training and fun.



Teens Gymnastics sessions are run for 90 minutes which include a component of Gymnastics, Fitness, Games and Free Time. After the warm up and stretch, there is 20 minutes of Boot Camp style Fitness with a qualified Personal Trainer from Castle Hill Fitness Centre, 20 minutes of Gymnastics with qualified Gymnastics coaches, and then 30 minutes of Free Time at the end where the teens have a chance to use the Gymnastics Centre's facilities which include floor space, trampolines and the foam pit.

Castle Hill Gymnastics
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