

Teens Gymnastics 2024

Schedule

Mondays: 7:30pm – 9:00pm

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- 21st December

Cost Requirements:

Annual Membership

Gymnastics NSW - \$35.00

(\$25.00 if purchasing after 1st July)

Annual affiliation payable upon purchase of 10 Visit Pass

| Cost | Initial visit | 10 visit pass (6mth exp) |
|---------------|---------------|--------------------------|
| General Entry | \$22 | \$180 |

NO BOOKINGS NECESSARY –
CHECK IN ONLINE OR AT CHF
RECEPTION

Coaches

Hayden Taylor

Megumi Kanno

Contact Administration for details

9846 1270

gymnastics@chrg.com.au

www.chfac.com.au/gymnastics

<https://app.iclasspro.com/portal/castlehill-gymnastics>

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 into 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.