



Western Districts Gymnastics

ATTENTION

TEENS

Coming soon...

GYMFIT

- Complete beginner to advanced
- Gender neutral classes (boys and girls)
- Modified progressions
- Self-directed learning
- Fitness

\$17/class (term rate)

\$20/class (10 class pass - casual)

Classes include:

Strength and flexibility

Acrobatic and Freestyle gymnastics

Apparatus work (Bars/Beam/P Bars)

Tumbling progressions

Term 4 - 2019

11-14 year olds

Monday 6:30-8:00

Thursday 6:30-8:00

14-17 year olds

Friday 6:30-8:00

