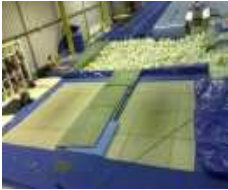


ADULT CLASSES

Come and have a go at one of our Adult Classes. It's a fun, casual session of stretching, tumbling, gymnastics and trampolining specifically for anyone 16yrs and older. You can learn to handspring, back flip or even front sault whether it be on the floor or on the tramp. Doesn't matter if you're an ex-gymnast or just wanting to learn, this class has it all.



Our qualified coaches have had many years of experience and are able to help you with any particular skill you may want to learn. Improve your flexibility, fitness, strength, co-ordination, confidence and your skill level.

Classes run every Monday night from 7.30pm till 9pm.
\$20.00 per session. School holidays are casual sessions.
There is an additional fee of \$55 for GWA affiliation/
sports injury insurance which is compulsory and will
cover you for the entire calendar year.
When you have paid your GWA yearly membership the
classes are \$15 per session.



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Club IO



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