

Classes 2018

Aerial Girls Class 2018

BOOKINGS ESSENTIAL!

BEGINNER AND INTERMEDIATE

Tuesday	5.30 - 7.00pm
Wednesday	6.30 - 8.00pm
Friday	4.00 - 5.30pm
Saturday	12.00 - 1.30pm

ADVANCED

Friday	5.30 - 7.00pm
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Balance Gymnastics

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Aerial Girls

Our Aerial Girls class is a tumbling, acrobatics and trampolining class with a strong emphasis on learning these skills in a fun and safe environment. It is a perfect supplementary class for any girl who already does dancing, calisthenics or cheerleading.

It is suitable for all girls 10-17 years old. If numbers permit the classes will be split into separate age-groups, 10-13yo & 14-17yo.

With our unique Balance Gymnastics Aerial Levels certificate system the girls will follow sound progressions that are not only safe but also challenging and rewarding at the same time.

Your daughter will learn walkovers, flips, saults and more in this 1.5 hour class whilst under the direct supervision of our fully qualified coaches.

We aim to give these girls a positive experience in a family friendly environment and maximum participation is encouraged at all times. We work hard to develop your girl's strength, flexibility and co-ordination in such a way that not only benefits their gymnastics, but can also help in all other aspects of their life.

With your first lesson being a **FREE** trial lesson, why not give it a shot?!

FEES: \$330 based on a 10 week school term plus Gymnastics Australia membership.

