

Classes 2018

BOOKINGS ESSENTIAL!

BEGINNER

Monday	5.00 - 6.30pm 6.30 - 8.00pm
Wednesday	5.00 - 6.30pm
Thursday	5.30 - 7.00pm
Friday	5.30 - 7.00pm
Saturday	12.00 - 1.30pm

INTERMEDIATE

Monday	6.30 - 8.00pm
Tuesday	7.00 - 8.30pm
Thursday	7.00 - 8.30pm

EXTREME

Tuesday	7.00 - 8.30pm
Thursday	7.00 - 8.30pm



Balance Gymnastics

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Extreme

Our extreme class is designed to be simply that, EXTREME!
The class is suitable for all boys aged between 8-16 years of age.
Students are placed into classes that suit both their age and ability.

Your son will learn flips, tricks, saults and more in a safe environment.
Our fast paced classes are run by fully qualified coaches with a big emphasis on trampolining and tumbling. Strength, flexibility and co-ordination are an integral part of all of our gymnastics programs here at Balance Gymnastics and this class will develop all of these essential things in a fun environment.

Our Balance Gymnastics EXTREME Levels system provides a systematic approach to learning the BIG skills! Front saults, back saults, back flips, even double or TRIPLE saults have been learned safely in this class. Using our unique levels system your son will achieve this without danger and in a streamlined progression.

Our EXTREME program is a great way, not only for your son to get rid of some of that excess energy but to learn some skills that improve their self-confidence and their physical abilities.

With your first lesson being a **FREE** trial lesson and nothing locked in; why not give it a shot?!

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



jump