

**PLEASE NOTE:** Each active enrollment will continue for the entire year. Monthly charges will apply on the 1st day of each month calculating how many lessons are available during that month. If you do not wish to continue with the enrollment you must notify the front office or reception in writing with a one month notice.



## Adult Classes

Gymnastics is a sport for life and it doesn't matter if you're 1 or 81 there is always something for you to achieve in gymnastics. Sure we won't all be Olympians and look like Simone Biles but hey why not have a go and try it out.

The single thing that holds most people back is fear. Sure, no one comes out and just says "Oh no, I'm too scared!" They wrap it up with excuses saying things like "That's too dangerous" or "I'm probably just going to get hurt." But is adult gymnastics really that dangerous? Despite popular perception, most acrobatic skills are pretty safe. We are teaching fundamental gymnastics skills and conditioning to children as young as one year old and we do understand the individual needs of gymnasts from beginner level right through to advanced acrobats.

Not only is gymnastics a lot of fun to do and show off, but there are countless health benefits to keep you active, healthy and strong. There are the physical benefits of gymnastics such as developing muscle tone, building strong healthy bones, increase in agility and flexibility and even disease prevention. Other benefits are also gained like increase of self-esteem, self-confidence, coordination and cognitive function.

So why not give it a go! We will be running adult gymnastics classes starting from Term 2. The first lesson is FREE! And we encourage you to bring along a friend; physical exercise is always more fun with a friend.

### 2023 SCGA Recreational Operating Terms

Term 1 –10 Week Term	Term 2 –10 Week Term	Term 3 – 10 Week Term	Term 4 – 10 Week Term
Mon 30th Jan –Thu 6th Apr	Mon 24th Apr – Sat 1st Jul	Mon 17th Jul – Sat 23rd Sep	Mon 9th Oct – Sat 16th Dec

### Weekly Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
7:00pm - 8:00pm	X	7:00pm - 8:00pm	X	7:00pm - 8:00pm

(SCGA GFA Programs do not run during the school holidays or on public holidays)

### Term Enrolments are now open to all members

#### Term Fees and Charges:

12 month Annual Registration Fee - \$80 (Jan to Dec). Fee subsidized to \$65 for active and casual enrollments after July 1st

#### 1<sup>st</sup> Class FREE TRIAL

Casual Enrollments - \$20 per session

Active Enrollment 1 hour class per week - \$17.50 per week calculated over a 1 month period.

Active Enrollment 2 x one hour classes per week - \$30 per week calculated over a 1 month period.

Active Enrollment 3 x one hour classes per week - \$42.54 per week calculated over a 1 month period.

#### Bookings:

Bookings are essential for all programs, please contact the reception on 42275722 to confirm your booking or further information on programs or pricing.

Web [www.scga.com.au](http://www.scga.com.au) – Phone 42275722 – Email [admin@scga.com.au](mailto:admin@scga.com.au)