

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 GFA 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! The first trial lesson for new members is FREE! And we encourage you to bring along a friend; physical exercise is always more fun with a friend.

2024 SCGA Recreational Operating Terms

Term 1 – 11 Week Term	Term 2 – 10 Week Term	Term 3 – 10 Week Term	Term 4 – 10 Week Term
Mon 29th Jan – Sat 13th Apr	Mon 29th Apr – Sat 6th Jul	Mon 22nd Jul – Sat 28th Sep	Mon 14th Oct – Sat 21st 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)

PLEASE NOTE: Fees for 2024 will have a half yearly increase from the 1st of July.

Term Fees and Charges:

- 12 month Annual Registration Fee
- \$85 (Jan to Dec) for active and casual enrollments
- 6 month \$65 (July-Dec) for active and casual enrollments after July 1st
- Last Term (Term 4) \$45 for active and casual enrollments.

January to June 2024 Fees

1st Class FREE TRIAL

- Casual Enrollments - \$25 per session
- Active Enrollment 1 hour class per week - \$20 per week calculated over a 1 month period.
- Active Enrollment 2 x one hour classes per week - \$32 per week calculated over a 1 month period.
- Active Enrollment 3 x one hour classes per week - \$45.60 per week calculated over a 1 month period.

July to December 2024 Fees

1st Class FREE TRIAL

- Casual Enrollments - \$27 per session
- Active Enrollment 1 hour class per week - \$22 per week calculated over a 1 month period.
- Active Enrollment 2 x one hour classes per week - \$35 per week calculated over a 1 month period.
- Active Enrollment 3 x one hour classes per week - \$48.60 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 – Phone 42275722 – Email admin@scga.com.au