



EXTREME GYMNASTICS



Come and have a go at one of our extreme gymnastics sessions. It is a fun casual session of gymnastics, tumbling, trampolining and parkour with free running techniques for anyone 10 years and older. You can learn to handspring, back flip or even front sault whether it be on the floor or the trampoline. Does not matter if you are an ex-gymnast or just wanting to learn, this class has it all.



Our qualified coaches have 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 skill level.



Classes run every Saturday night from 6-7.30pm

Cost \$25 per session.

There is an additional fee of \$80 per calendar year for GWA affiliation with sports injury insurance which is compulsory after 3 trials. The cost then goes down to \$20 per session once paid.

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