



OPEN GYMNASTICS



Come and have a go at one of our extreme gymnastics sessions at 26 Dellamarta Rd. It is a fun casual session of gymnastics, tumbling, trampolining and FreeG with free running techniques for anyone. You can learn to handspring, back flip or even front sault whether it be on the floor, track or the trampoline. Does not matter if you are an ex-gymnast or just wanting to learn, this session 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.



NEW SESSIONS FOR SATURDAY:

4-8 Yr olds 12-1.30pm bring a parent for an extra \$5.

Maxim of 50 per session, booking strongly advised for both sessions.

9-12 Yr olds 1.45-3.15pm.

ONLY \$15 PER SESSION, For limited time



26 and 29 DELLAMARTA RD, WANGARA, WA 6065
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