



### OPEN GYMNASTICS

Come and have a go at one of our open gymnastics sessions at 26 Dellamarta Rd. It is a fun casual session of gymnastics, tumbling, trampolining and FreeG with free running techniques for anyone. Coaches are there to watch for safety, it is not a formal class. Does not matter if you are an ex-gymnast or your first time at high Flyers, this session has it all.



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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.



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#### SESSIONS FOR SATURDAY:

4-12 Yr olds 12-1.30pm bring a parent for an extra \$5.  
Maxim of 50 per session, booking strongly advised for both sessions.  
ONLY \$15 PER SESSION, For limited time  
Held at 26 Dellamarta Rd gym

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26 and 29 DELLAMARTA RD, WANGARA, WA 6065  
9309 3500

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