

ADULT Gymnastics

at

Canberra City Gymnastic Club



Strength, Posture,
Coordination, Health,
Confidence

Class Times: Tuesdays & Thursdays 8:00pm to 9:30pm

Where: Corner College and Chandler Streets

Coaches: All accredited coaches

Who: Participants must be 18 years and over. Participants 16 to 18 years may be permitted by supervising coaches in certain circumstances.

Adult enrolment form must be signed by the parent.

Fees (GST inclusive):

Ten sessions

\$120

Casual

\$15 per class

There is an additional one-off, annual **Registration & Insurance** (with **Gymnastics Australia**) fee, which must be paid prior to or at your **third** class.

All participants must fill in an Adult enrolment form.

Please read the reverse before signing. Thank you

PROGRAM:

The first class will be geared towards assessing your level of gymnastics skill and goals. An individual strength and skill program may be devised in consultation with Coaches. Participants may be grouped into 'Beginners' and 'Experienced'.

Progress will be self-paced. Emphasis will be on enjoyment and fitness.





CCGC Athlete Rules

to keep the gym safe for everyone!

1. No food or drink allowed in the gym area.
2. No gum chewing.
3. No jewellery of any kind.
4. Hair to be worn appropriately.
5. Bare feet or gymnastic shoes, only.
6. Supervised gymnasts only in the gym.
7. Don't endanger yourself or someone else.
8. Follow direction.
9. Tell a coach whenever you injure any part of your body.
10. Respect fellow gymnasts' personal space.
11. Secure your belongings. Don't tempt thieves!
12. Keep YOUR gym clean.