



## Why Gymnastics?

Gymnastics is like no other sport.

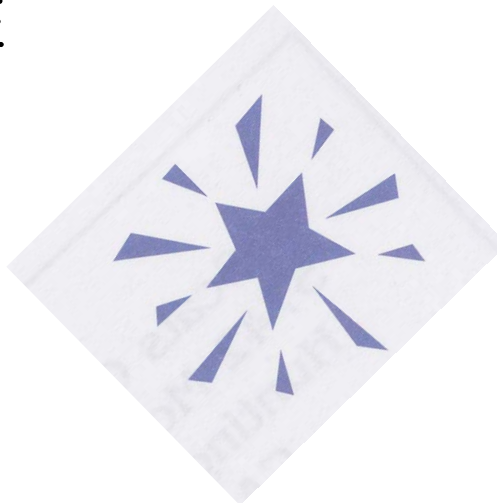
It is one of the most fundamental and exciting of all physical activities.

Physically, gymnastics offers a variety of activities and teaches the fundamentals of movement. It develops the overall coordination, balance, strength and flexibility, which enhance other sporting activities.

Psychologically, gymnastics teaches children to listen and follow directions. It helps build confidence, discipline and self-esteem. It teaches them to set serious goals and cope with what lies ahead in life.

Socially, gymnastics provides the opportunity to work in groups. It allows participants to interact with their peers and to make friends.

**All Children Can Be Gymnasts**



**Canberra City Gymnastics Club**  
[www.canberracity.org.au](http://www.canberracity.org.au)

Cnr College and Chandler Sts  
Belconnen, ACT 2617

Other Venues  
TEAM Gym, Charnwood PS  
RAGE Gym, Gungahlin  
Majura Gym, Majura pS

**Canberra City  
Gymnastics Club**

Confidence Fun  
Fitness Friends

**Artistic  
Gymnastics since  
1978**

Active Australia Provider  
CLUB 10 Member

Tel: 61 2 62511131

Fax: 61 2 62515269

[canberracity@gymnastics.org.au](mailto:canberracity@gymnastics.org.au)



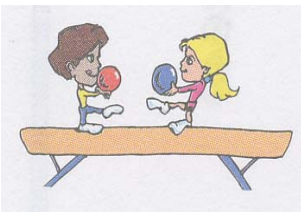
**Gymnastics for ALL**



## Regular Programs

At Canberra City Gym, we offer programs for all children aged 2 years and older. Program entry may be at any age. Our experienced staff will advise which class is most suitable.

### Kindergym: GymPlay 2- 3 years



A parent and child movement based class designed to encourage and develop positive learning concepts which, in turn,

inspire a love of physical activities. Stimulates hand-eye coordination and gross motor functions: climbing, rolling, running, hopping and swinging.

### Kindergym: Junior Beginners 4 - 5 years

An active program aimed at introducing children to gymnastics equipment in a safe and enjoyable way. Dominant movement patterns involved in gymnastics are introduced. For example:



landings, swing, rotation, balance, spring, flight & height.

### Beginners, Pre Levels 5 - 6 years



This program aims to prepare children for the work of the Australian Levels Program. The participant learns to control their body in a variety of

situations, such as when running, jumping, and being inverted.

### Australian Levels Program 6 years & up, Boys & Girls

Children can enter this stream at any age. Our experienced coaches will be happy to advise the best level for your child.

Progression is from Level 1 to Level 10 and is based on the National Award system.

Gymnasts may enter State competitions if they wish to. **Boys** may be invited to prepare for National Competition Junior Levels.



### National Competition Program Girls & Boys

Children are selected for the National and International Streams from the State stream.

Gymnasts are constantly challenged to develop new and more complex skills and to discover what can be accomplished through challenging work, discipline and team support.



Developing strength, conditioning and flexibility are increasingly important aspects in this Stream.

### GymABLE: Club & Schools

Gymnastics for people with a disability. For detailed information regarding this program please read our GymABLE pamphlet.



### TAG-TeenAge Gym Classes

Non competitive programs for teen boys and girls wanting to learn basic gymnastics skills.

### Adult Classes

Self paced progress on any apparatus. Includes tumbling, trampolining, acrobatics, cross-training.

**MAAD-Mature Adult Aerobic & Dance fitness Classes** Gentle exercise class aiming to improve flexibility, strength and cardio-vascular fitness. Numbers permitting.

### Trampolining

An exhilarating way to learn body control in flight and to sharpen proprioception. Numbers permitting.



### GymsCOOL: Schools

At our gym or your school, we offer programs tailored to primary or high school requirements.



**CALL NOW**  
62511131

**Office Hours:**  
9:30 to 5:30 pm weekdays  
8:30 to 1:00 pm Saturdays

