

# CLUB DYNAMITE

# Adult

# Gymnastics



# Handbook

# Welcome to Adult Gymnastics at Club Dynamite!

## **ADULT GYMNASTICS:**

Gymnastics is an incredible way for adults to build strength, flexibility, fitness, agility and balance as well as improve posture. All while having fun and learning cool skills!

If it looks like a lot of fun for the kids, why not come and give adult gym a try!

## **WHO CAN DO ADULT GYM:**

Adult gymnastics classes at Club Dynamite are open to all adults, aged 18 years and over. It doesn't matter if you have done gymnastics before or if you are brand new to the sport. Our coaches will tailor the skills in your class to suit your own fitness and ability level.

## **CLASS TIMES:**

Our Adult gymnastics classes are held at Club Dynamite on Wednesday evenings from 7:00-8:00PM. Classes run 50 weeks a year and continue as normal on School holidays.

## **CLASS COSTS:**

We offer a free trial class to anyone interested in having a go at adult gymnastics. To book in for the free trial, just send us an email with your full name and DOB and we will send you a form to fill out.

If you want to continue after the trial, there is a special reduced registration fee for adults of only \$55 (saves \$35), and then you pay for classes in 10 week blocks in one of the following options.

OPTION 1 - \$20 per week for the 10 week block – in this option you pay for the full 10 week block. It is slightly cheaper than option 2, but if you miss a class you would still need to pay for that class.

OPTION 2 - \$25 per week for 10 classes – this option costs a little more, but if you miss a class you don't pay for it. You only pay again once you have completed your 10 classes.

### **CLASSWEAR:**

Our adult classes are not required to wear leotards! (Although you can if you want to). Ideal class wear is your fitness gear, similar to what you might wear to the gym, and bare feet. Please pull long hair up off the face and remove any jewellery for safety reasons.

### **WHAT WILL WE LEARN IN ADULT GYM:**

Adult gym classes include lots of interesting ways to develop flexibility. Tumbling and Floor skills like handstands, cartwheels, round offs, front handsprings etc and skill on various gymnastics apparatus like trampoline, vault, bars, beam, rings etc.

Classes will cater for a variety of ability levels. It doesn't matter if you haven't done gymnastics before, or if you have extensive experience, the coaches will vary the lesson plans to suit your needs.