

GYMNASTICS WORKSHOP BASIC TUMBLING



by Rec Alley



REC ALLEY

event information

Gymnasts will, in a fun and inclusive environment, learn the basics of tumbling. This includes cartwheels, handstands and much more! Non-members welcome. The event will run **Saturday 12 October from 5.00pm to 6.30pm.**

Suitable for ages 5+. \$20 per gymnast.

Complete the booking form online or see the front desk for more information.

other workshops

02 NOV: flips & somersaults

23 NOV: parkour (FreeG)

07 DEC: barani's & aerials

For more information visit:

recalley.com.au/workshops

**REC ALLEY
CONTACT US**

recalley.com.au
(02) 9046 9150
72 Lasso Rd, Gregory Hills



REC ALLEY

GYMNASTICS WORKSHOP FLIPS & SOMERSAULTS

NOV

02

by Rec Alley



REC ALLEY

event information

Gymnasts will, in a fun and inclusive environment, learn how to safely flip and somersault. This class is also suitable for beginners through to advanced.

The event will run **Saturday 2 November from 5.00pm to 7.00pm.**

Suitable for ages 5+. \$25 per gymnast.

Complete the booking form online or see the front desk for more information.

other workshops

12 OCT: basic tumbling

23 NOV: parkour (freeg)

07 DEC: barani's & aerials

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GYMNASTICS WORKSHOP PARKOUR (FREEG)



by Rec Alley



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event information

Gymnasts will, in a fun and inclusive environment, learn the fundamentals of parkour (FreeG). This class is also suitable for beginners through to advanced. The event will run **Saturday 23 November from 5.00pm to 7.00pm.**

Suitable for ages 5+. \$25 per gymnast.

Complete the booking form online or see the front desk for more information.

other workshops

12 OCT: basic tumbling

02 NOV: flips & somersaults

07 DEC: barani's & aeriels

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GYMNASTICS WORKSHOP BARANI'S & AERIALS

by Rec Alley



REC ALLEY

event information

Gymnasts will, in a fun and inclusive environment, learn how to safely perform a barani and other aerial moves. This class is suitable for beginners through to advanced.

The event will run **Saturday 07 December from 5.00pm to 6.30pm.**

Suitable for ages 5+. \$20 per gymnast.

Complete the booking form online or see the front desk for more information.

other workshops

12 OCT: basic tumbling

02 NOV: flips & somersaults

23 NOV: parkour (freeg)

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