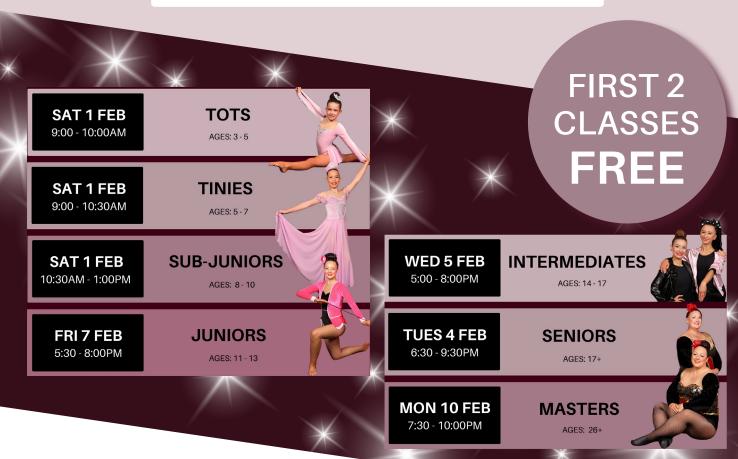
## COME & TRY CALISTHENICS AT NEWPORT CALISTHENICS CLUB





## **About Calisthenics**

The word Calisthenics is derived from the Greek Words 'kallos' and 'thenos' which means beauty and strength.

Calisthenics involves both these attributes, and also influences the emotional and social development of students through friendship, self-confidence and teamwork.

Items are performed with the aim of developing co-ordination and self-discipline while also improving flexibility, posture and self-esteem.

## **About Newport Calisthenics Club**

Our club was established in 1932 and has a growing participant base of over 100 members.

We provide a wonderful opportunity for participants to sing, dance, act and learn apparatus, ballet and gymnastics skills in a fun and supportive environment.

We are a competitive club, with each section attending 4/5 competitions each year (performing up to 6 items).



## Studio location

Dream Academy, 22 Tennyson St, Williamstown North



@newportcalisthenicsclub



@NewportCC

newportcc.com.au









