COME & TRY CALISTHENICS AT
NEWPORT CALISTHENICS CLUB

★ CLASSES COMMENCE ON SAT 1 FEB ★

FIRST 2 CLASSES FREE

SAT 1 FEB 9:00 - 10:00AM	TOTS	AGES: 3 - 5
SAT 1 FEB 9:00 - 10:30AM	TINIES	AGES: 5 - 7
SAT 1 FEB 10:30AM - 1:00PM	SUB-JUNIORS	AGES: 8 - 10
FRI 7 FEB 5:30 - 8:00PM	JUNIORS	AGES: 11 - 13
WED 5 FEB 5:00 - 8:00PM	INTERMEDIATES	AGES: 14 - 17
TUES 4 FEB 6:30 - 9:30PM	SENIORS	AGES: 17+
MON 10 FEB 7:30 - 10:00PM	MASTERS	AGES: 26+

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 in1932 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

NEWPORT NCC CALISTHENICS CLUB

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