

## Our Coaches



**Mrs Mardi Eaton**  
Head Coach / Coordinator



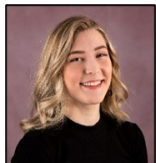
**Mr Dominic Mole**  
Gymnastics Instructor



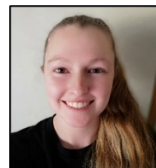
**Miss Ella Agapow**  
Gymnastics Instructor



**Miss Mary Nichols**  
Gymnastics Instructor



**Miss Anna Seymour**  
Gymnastics Instructor



**Miss Ella Johnson**  
Gymnastics Instructor

## Join the Fun!

Through fun and progressive gymnastics classes, children are able to develop and continually improve their strength, flexibility, balance, coordination, and self-esteem.

As **places are limited**, be sure to secure a place in one of our programs by accessing our class timetables and completing a registration form located on our website or by contacting one of our friendly staff using the contact information below.

## Club Contact Information

**Location:** Hobart PCYC  
300 Liverpool Street  
Hobart Tasmania 7000

**Telephone:** (03) 6107 9206  
**Email:** [enquiries@hobartpcyc.org.au](mailto:enquiries@hobartpcyc.org.au)  
**Web:** [www.hobartpcyc.org.au](http://www.hobartpcyc.org.au)  
**Facebook:** [www.facebook.com/hobartPCYC/](http://www.facebook.com/hobartPCYC/)



# Hobart PCYC Gymnastics Club

*An exciting, affordable gymnastics experience  
for children of all ages.*



Enrolments Now  
**OPEN**

## About Our Gymnastics Club!

Hobart PCYC offers an extensive and professional gymnastics program extending from Kinder Gym to Recreational, Competitive and Adult Gymnastics.

Our aim is to include everyone who wants to participate. We promote a fun, positive environment and offer a broad range of activities that will interest and challenge participants of all abilities. Our participants learn skills that are transferable to other sports and keep healthy and active at the same time!

## Kinder Gym Program

Hobart PCYC's Kinder gym program operates each day from Monday to Saturday and consists of the **Rocket Tots** Program (ages 6months-4 years) and the **Mini Martians** Program (ages 3-5 years) and is delivered to children and their adult caregiver. Adult caregivers are an integral part of the program and help their child to participate in all activities as directed by the instructor.

The programs encourage learning in a stimulating and fun environment and include movement to music; utilising the gymnastics area and equipment; interaction with other children and play with balls, ropes, ladders, slides, swings, foam shapes, balance beams, trampolines and climbing obstacles.

The programs will prepare each child to enter our Gymnastics Programs and forms the perfect foundation for any other team or individual sport.

### Cost

- Rocket Tots Registration Fee: \$60.00
- Rocket Tots Session Fee: \$8 (Full) \$6.00 (Concession)
- Mini Martians Registration Fee: \$60.00
- Mini Martians Session Fee: \$10 (Full) \$8.00 (Concession)

## Recreational Gymnastics

The Recreational Gymnastics Program offers skills-based classes focusing on fundamental movement patterns which will assist children to progress into more advanced gymnastics skills and activities.

The activities provided are safe and encourage children to cooperate, work with others and build self-esteem, all while improving balance, coordination, confident body movement and developing attributes for long term participation in sport.

Recreational beginner classes start with **GymFun** and progress to **Gym Skills** (including boys, girls, rhythmic and tumbling/mini-tramp). Participants who have achieved a certain level in the advanced programs or have a particular interest in competitive gymnastics, may be offered the opportunity to participate in the Hobart PCYC Competitive Program Pathway.

### Cost

- Annual Registration Fee: \$80.00
- 1 hour Session Fee: \$12 (Full) \$10 (Concession)
- 1.5 hour Session Fee: \$17.25 (Full) \$16 (Concession)

## Competitive Gymnastics

The Competitive Gymnastics Program follows the Australian Levels Program pathway and provides athletes with the opportunity to compete in local, state and potentially national competition events. The following competitive programs are available:

- Rhythmic Gymnastics
- Women's Artistic Gymnastics
- Men's Artistic Gymnastics
- Competition Tumbling & Double Mini Tramp

### Cost

- Annual Registration Fee: \$100.00
- Class fees vary depending on the number of classes and hours of training per week.

## Adult Gymnastics

Hobart PCYC also offers an adult gymnastics program that incorporates balance, flexibility, stretching and strength while maintaining and enhancing your gymnastics abilities. It is the perfect work out that uses every muscle in your body and helps develop gymnastics skills for all levels.

Our coaches are able to cater for everyone, from a person wanting to try handstands for the first time to former gymnasts. During the class you will be able to use the floor, airtrack, bars, rings, rope, trampoline and beam.

### Cost

- Annual Registration Fee: \$60.00
- 1 hour Session Fee: \$15.00 / \$100 (10x session pass)

