

PLEASE NOTE: Each active enrollment will continue for the entire year. Monthly charges will apply on the 1st day of each month calculating how many lessons are available during that month. If you do not wish to continue with the enrollment you must notify the front office or reception in writing with a one month notice.



Teen/Adult GFA Classes

The biggest obstacle that holds most people back in joining an adult gymnastics class is fear. We have heard numerous people saying “That’s too dangerous” or “I’m probably just going to get hurt.” But is adult gymnastics really that dangerous? Despite popular perception, most acrobatic skills are pretty safe. We are teaching fundamental gymnastics skills and conditioning to children as young as one year old and we develop our programs with the understanding of the individual needs of all different gymnasts from beginner level right through to advanced acrobats. Gymnastics is a sport for life and it doesn’t matter if you’re 1 or 81, there is always something for you to achieve in gymnastics.

Not only is gymnastics a lot of fun to do and show off, but there are countless health benefits to keep you active, healthy and strong. There are the physical benefits of gymnastics such as developing muscle tone, building strong healthy bones, increase in agility and flexibility and even disease prevention. Other benefits are also gained like increase of self-esteem, self-confidence, coordination and cognitive function.

So why not give it a go! The first trial lesson for new members is FREE! And we encourage you to bring along a friend; physical exercise is always more fun with a friend.

2025 SCGA Operating Dates

2025 Calendar Year	Monday the 6th of January until Saturday the 20th of December		
Confirmed closure dates	Monday 27th Jan Friday 18th Apr Sat 19th Apr Monday 21st Apr	Friday 25th Apr Monday 9th June Tue 30th Sept Wed 1st Oct	Thur 2nd Oct Fri 3rd Oct Sat 4th Oct Mon 6th Oct

Weekly Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30pm - 8:00pm	X	6:30pm - 8:00pm	X	X	X

(SCGA Programs do not run on public holidays or gym closures)

Recommended Training Hours for Levels program

GFA Level 1	GFA Level 2	GFA Level 3	GFA Level 4	GFA Level 5	GFA Level 6
Minimum 1 hour	Minimum 1.5 hours	Minimum 3 hours	Minimum 4 hours	Minimum 5 Hours	Minimum 6 hours

PLEASE NOTE: Fees for 2025

Fees and Charges:

- 12 month Annual Registration Fee
- \$150 (Jan to Dec) for active and casual enrollments

- 6 month \$120 (July-Dec) for active and casual enrollments after July 1st

2025 Fees

1st Class FREE TRIAL for new members

Casual Enrollments - \$35 per session

Active Enrollment 1.5 hour class per week - \$31.20 per week calculated over a 1 month period.

Active Enrollment 2 x 1.5 hour classes per week - \$46.80 per week calculated over a 1 month period.

Bookings:

Bookings are essential for all programs, please contact the reception on 42275722 to confirm your booking or further information on programs or pricing.

Web www.scga.com.au – Phone 42275722 – Email admin@scga.com.au