

COME & TRY CALISTHENICS AT NEWPORT CALISTHENICS CLUB



TOTS

Ages: 3 - 5

8.45 - 9.45am

SATURDAYS

Commencing 31 January

TINIES

Ages: 3 - 7

9.00 - 10.30am

SATURDAYS

Commencing 31 January

SUB-JUNIORS

Ages: 8 - 10

10.30am - 1.00pm

SATURDAYS

Commencing 31 January

JUNIORS

Ages: 11 - 13

5.30 - 8.00pm

FRIDAYS

Commencing 6 February

INTERMEDIATES

Ages: 14 - 17

5.30 - 8.30pm

WEDNESDAYS

Commencing 4 February

SENIORS

Ages: 17+

6.30 - 9.30pm

TUESDAYS

Commencing 3 February

MASTERS

Ages: 26+

MASTERS 1 & 2

Contact us for information



About us

Newport Calisthenics Club (NCC) has been nurturing, developing and empowering participants to reach their full potential for over 90 years.

We encourage our students to work as part of a team, while having fun and developing friendships, while still focusing on discipline, technique and skills.

Students learn and perform a variety of routines reflecting ballet, lyrical, gymnastics, jazz, and musical theatre with additional genres of march, clubs and rods, which are unique to calisthenics. The fabulous thing is that it is all covered in just one class per week!

Each of our sections perform their routines at a number of competitions each year. NCC students also have the option to participate in Solo, Duo, Trio and Graceful lessons and competitions as well as skills programs designed by Calisthenics Victoria.

 admin@newportcc.com.au

 @newportcalisthenicsclub

 @NewportCC

newportcc.com.au



Studio location

Dream Academy, 22 Tennyson St, Williamstown North

 VICSPORT

 VicHealth

 GOLD LEADING CLUB
CALISTHENICS VICTORIA

 CALISTHENICS
VICTORIA

