

# FREE COME & TRY CALISTHENICS AT NEWPORT CALISTHENICS CLUB



## TOTS

Ages: 3 - 5

**SAT 11 & 18 OCT**

9.00 - 10.00am

## JUNIORS

Ages: 11 - 13

**FRI 17 OCT**

5.30 - 8.00pm

## TINIES

Ages: 3 - 7

**SAT 11 & 18 OCT**

9.00 - 10.30am

## INTERMEDIATES

Ages: 14 - 17

**WED 22 OCT**

5.00 - 8.00pm

## SUB-JUNIORS

Ages: 8 - 10

**CONTACT US FOR  
CLASS DETAILS**

## SENIORS

Ages: 17+

**CONTACT US FOR  
CLASS DETAILS**

## MASTERS

Ages: 26+

**CONTACT US FOR  
CLASS DETAILS**



## 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.



**Studio location**

Dream Academy, 22 Tennyson St, Williamstown North



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