



Greater Valley Calisthenics Club

Calisthenics is a dance sport covering 6+ genres of dance and performance. Pupils practice weekly in preparation for the annual competition season. They are trained by qualified coaches and experience success as they piece together their dances and perform as a team on stage.

Calisthenics is a sport for everyone. Our pupils are as young as three and our masters are still going strong with competitors in their 60s and above.



Dance

Pupils are taught a variety of dances. Some dance styles require apparatus and theatrics, while others need grace and poise. Pupils work on these weekly as their routines come together ready for performance.



Skills

Each dance genre has set skills that the pupils develop. These skills become more complex as pupils progress through the different age groups. Support and tuition is provided in a nurturing manner for all.



Team

Pupils are given the opportunity to develop their skills and excel in areas they set focus on. Important development occurs as pupils build lasting positive relationships with each other from a very early age. New members join the team annually and are welcomed at all levels.



Competition

Goals are set individually by the pupils; they work hard towards these as the year moves on. Competition sees the opportunity for the team to shine their brightest. Teams deliver performances that wow adjudicators and family members alike. Routines are allocated a score and these scores account to the overall achievements of the Team.

Greater Valley welcomes new dancers of all ages and abilities. Calisthenics is an exciting way to keep up fitness levels, build confidence and make lifelong friendships.

More information can be found at www.greatervalleycalisthenics.com.au

Looking forward to meeting you during our promotion period of March

Greater Valley Calisthenics Club

AH: 0427 311 072

Tinies: 3-7yrs	Subbies: 8-10yrs	Juniors: 10-14yrs	Inters: 14-17yrs	Seniors: 16-26yrs	Masters: 26+ yrs
Mondays 4pm	Thursday 4.30pm	Wednesday 4.30pm	Thursday 6.30pm	Thursday 6.30pm	Tuesdays 6.30pm

