



**KINGSTON
CALISTHENICS
COLLEGE**
#ACHIEVINGTOGETHER

Kingston is a fun and friendly calisthenics college that welcomes students of all ages and abilities

Calisthenics is the sport with performing at its heart. It offers a unique combination of dancing, singing, gymnastics and technical skill, developing strong, confident leaders through friendship and teamwork.

Calisthenics inspires performers to take centre stage today, and throughout their lives.




FIRST TWO
CLASSES ARE
FREE
FOR NEW
MEMBERS



**CONTACT US FOR
MORE INFORMATION**

0400 113501

prfreeman2020@gmail.com

WWW.KINGSTONCALISTHENICS.COM



Join us in
2020

Tinies	<i>(7yrs & under)</i>	Wednesday	4:30 - 6:00 pm
Subbies	<i>(10yrs & under)</i>	Saturday	11:30 - 2:30 pm
Juniors	<i>(13yrs & under)</i>	Thursday	5:30 - 8:00 pm
Inters	<i>(17yrs & under)</i>	Wednesday	6:00 - 9:00 pm
Seniors	<i>(16yrs & over)</i>	Tuesday	7:00 - 10:00 pm
Masters	<i>(26yrs & over)</i>	Monday	7:30 - 10:00 pm