

Adult & Over 55's Classes Lilydale

The **Casual Adults** class is designed for all adults that are interested in learning gymnastics. The class will cater for Beginners through to Advanced. Come along and learn to be a gymnast! The purchase of a Punch Pass is required for this class.



The **Over 55's** class is designed for over 55's that are wanting to increase their strength and balance in the gym setting. The purchase of a Punch Pass is required for this class



Birthday Parties Lilydale



- Partys run on Saturday and Sundays
- Free come & try voucher for all guests if using GGA invitations
- All food catered for except cake & lolly bags
- Special birthday ride for birthday child
- Gymnastic Coaches to host
- Invitations included



School Holiday Programs

We run our holiday program for school aged children at Lilydale 9am till 4pm 2 or 3 days over the school holidays. It's a fun day of gymnastics games, challenges and roller-skating. Dates and Enrolment details are available in the iclass Pro Portal or website close to each holiday break.



Our Kinder Gym holiday program is run at Lilydale & Healesville over 2 days on the holiday. Dates and enrolment details are available in the iclass Pro Portal or website close to each holiday break. This program is perfect for 1 to 5year old's.



In Schools Program

Glitz is now mobile with vans packed with equipment ready to come to your school! With the flexibility to book one day excursions, or lock in your day every week, Glitz Gymnastics can base your gymnastics program off the interests of your school and students



Scan to visit

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info@glitz

Glitz Gymnastics Classes

eneral. If you have any more specific questions please email info@glitzgymnastics.com.
sses can be found on our website glitzgymnastics.com or in our [iclass pro customer portal](#).



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FreeG Lilydale -1 hour classes

Our FreeG program involves a combination of gymnastics, parkour, trampolining and martial arts tricks to teach athletes a huge variety of skills.

The athletes learn how to jump and land safely on a variety of surfaces, before progressing to jumping over objects, through objects, somersaulting and other tumbling movements.



Level Blue (beginner) **Generally for 6-8 year old's**

Level Red (intermediate) **Generally for 8-11 year old's**

Level Green (advanced) **Generally for 11-13 year old's**



Tumbling Lilydale - 1 hour class

The Tumbling classes are divided into 3 different levels, **Beginner, Intermediate and Advanced.**

Tumbling at Glitz is one of the most popular and in demand classes. It allows the kids to do all those flips and rolls they're always doing around the house in a safe environment. This class will teach them the correct technique to those difficult skills.

Gym4Me Lilydale -2 hour class

Generally for 12 - 17 year old's

Whatever your goals for participation may be – learning a new skill, stress-relief or spending more time with friends – Gym4Me will cater for you.

Work closely with our experienced coaches to develop a customised exercise experience using our awesome equipment , sprung floor, trampolines, foam pits and more!

Competitive WAG Lilydale

Participation in these classes is by invitation only. If your child would like to be part of the Glitz competitive team, please contact us to arrange an assessment.

Development Squad – 2.5 hour classes per week

Level 2 Squad – 2 x 3 hour classes per week

Level 3 Squad – 2 x 4 hour classes per week

Level 4 Squad – 2 x 4 hour classes per week

Level 5 and higher Squads – Total training time of 11 hours per week