



Providing the Adelaide Hills community with access to gymnastics.

Gymnastics for all ages

H.G.A lessons allow students to explore apparatus and skills in a fun, safe and supportive way. Students will learn and develop movement and body awareness through games, activities, apparatus and training. Our groups are small, allowing students to have feedback and assistance and therefore creating a safe environment for development.

Our qualified coaches assess students' progression, confidence and ability through each lesson and introduce new skills when suitable.

Pre school: Kindergym - 6mth to 4yo
Mini Gymnastics - 4 years of age.
School Age : Gymnastics for All - 5 years +

Gymnastics develops

- balance and coordination
- strength
- confidence
- trust
- self-esteem,
- confidence
- body movement,
- flexibility

We offer a come and try session for all new participants, bookings required through reception: 83910222 or adelaidehillsrc@belgravialeisure.com.au