

Why not come and join in the fun of.....

CALISTHENICS

WITH

Voltaire

CALISTHENICS COLLEGE

2 free come
& try
classes!

A dance sport to enjoy in Maiden Gully with your friends!



Ages 3 and above... No experience necessary



CALISTHENICS IS...

DANCING	SINGING	FUN	FITNESS
STRENGTH	FLEXIBILITY	RHYTHM	MEMORY
LEADERSHIP	FRIENDSHIP	POSTURE	RESILIENCE
POISE	BALLET TECHNIQUE		GYMNASTIC SKILLS
TEAM SPIRIT	MUSICAL APPRECIATION		PERFORMING ON STAGE
PERSERVERENCE	RESPONSIBILITY		GOAL SETTING
GRACE	CONFIDENCE		COORDINATION

Come and Try classes will be held at the beginning of the new school term....

CONTACT US FOR MORE INFORMATION.....

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