



Kings Tumble and Teen Gym sessions

Kings has started up a weekly training session for Teens and Tumblers -

Monday 6.30 - 8.00pm

Thursday 6.00 - 7.30pm

Cost - \$27.50 per session paid 4 weekly ahead as membership details / fees listed on website

Membership deposit bond - \$110

Gymnastics Australia Affiliation Insurance required - \$85

Payable 1st Jan - 31st Dec - or thereafter at set fee

This session is run by our qualified Intermediate / salto coaches, Eleanor, Sasha and Annika. The coaches are very experienced, all having trained gymnastics competitively at high levels. They are great with our members, teaching them specifics that cater for their individual goals. They engage and motivate their tumblers to strive for quality alongside trying the flips, saltos and then achieving the skills in combination. Teen Gymnastics can incorporate other apparatus practice during this time as we run Gymfun at the same time

We teach all fundamental skills, so the understanding of how and what is required is embedded in our members. Our level of participants ranges from beginners to advanced, so anyone can attend and experience the benefits gymnastics tumbling has to offer.

Training programs follow the below weekly format -

Warm up - cardio / circuits or lines. Overall body stretching, more stretches / yoga for individuals possible, strength training / circuits, core, upper and lower body programs. (30 minutes)

Apparatus use - 1 hour duration (Teen Gymfun members)

Tumblers - Equipment rotations that focus on the use of our 18 meter long tramp, trampettes, sprung floor and rebound set ups.

email us to book a trial - hello@kingsgymnastics.com