

Gymnastics for Mature Adults Workshop

Gymnastics Victoria are committed to providing opportunities for mature adults to engage in Gymnastics. To support this initiative we will be hosting a coaches course for our current coaches interested in providing opportunities for mature adults (65+). This session will be presented by Doreen Wilson (83yr old gymnastics coach/presenter). Experience a mature adult's gymnastics class and receive 30 lesson plans.

Benefits of coaching mature adults:

- Increase your skillset of working with a variety of participants
- Coach during traditional downtimes (during the day)
- Receive 30 lesson plans
- Bring more members in to your club
- Coach out in the community (Aged care facilities, Bowls Clubs etc.)



When: Sunday 14th of February

Time: 9am – 1pm

Venue: Eastern Gymnastics Club

Unit 12, 23-25 Clarice Rd,

Box Hill South

Cost: \$10.00



Register: studygym.com.au – edu calendar - workshops

For more information contact education@gymnasticsvictoria.org.au