

# Del Sante Gardens Calisthenics

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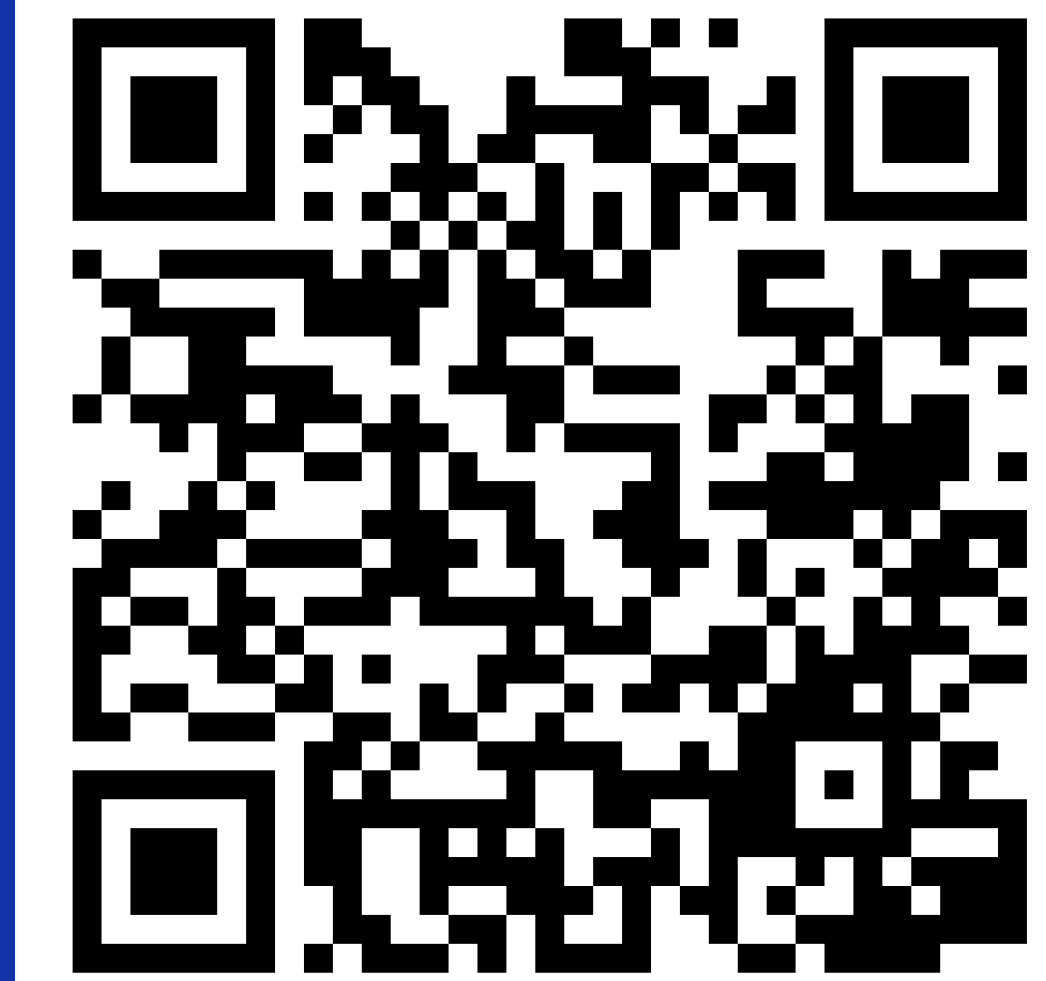
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# Del Sante Gardens Calisthenics

## FAQs



### *What is calisthenics?*

**Calisthenics combines dance, gymnastics, singing, apparatus manipulation and ballet!**

**Pupils compete in team competitions and have the opportunity to compete in solo and duo routines.**

### *What are the benefits?*

- Physical and social development
  - Improved balance, coordination and posture
    - Self-discipline
    - Team spirit
- And SO much more!**

### *What are the costs?*

**Calisthenics at DSG is cheaper than other dance alternatives! Scan the QR code to see our 2023 Fee Structure.**

**\*Please note: These are 2023 fees and are subject to change.**



### *How can I sign up?*

**Please contact our club secretary Nat on  
0419 268 322 or email  
delsantesecretary@gmail.com!**



# Del Sante Gardens Calisthenics

## Lesson Details



### *Tinies (Non-Competitive)*

**What age?** 3-7 year olds

**Where?** Flinders Park Scout Hall

**When?** Saturdays 9:00am - 10:00am

### *Tinies (Competitive)*

**What age?** 5-7 year olds

**Where?** Flinders Park Scout Hall

**When?** Saturdays 10:00am - 11:00am

### *Sub-Juniors*

**What age?** 8-10 year olds

**Where?** Flinders Park Primary School

**When?** Tuesdays 4:45pm - 6:45pm

### *Juniors*

**What age?** 11-13 year olds

**Where?** Flinders Park Primary School

**When?** Wednesdays 5:00pm - 7:00pm

**Sign up today to receive 2 FREE lessons  
in Term 4 2023 AND Term 1 2024!**





**Fun • Friendship • Family**

