



# TOORADIN

## CALISTHENICS CLUB INC

## INFORMATION BROCHURE 2021

### WHAT IS CALISTHENICS?

**Calisthenics is the sport with performing at its heart.**

We offer a unique combination of dancing, singing, gymnastics and technical skills for girls, boys and women throughout Victoria.

Calisthenics develops strong, confident performers through teamwork. Discipline and technique, grace and poise are fostered in a fun and friendly club environment, where families can connect and performers can develop skills, and friendships, that last a lifetime.

Our performers learn skills that inspire them to take centre stage at competitions, and in life.

### WHO ARE WE?

Established in 2013, Tooradin Calisthenics is a friendly, community focused club. We are dedicated to fostering a love of calisthenics, and developing technical skills, self-confidence and team spirit in our participants. Our coaches are Level 1 qualified and hold Level 2 First Aid.

### COMMITMENT

Calisthenics is a team sport and requires a full commitment to the year, not just a term-by-term basis like some other sports. All classes, competitions and the Annual Concert are compulsory for all members. We offer free trial classes, so you can come and try calisthenics at Tooradin before making a commitment.

Our year runs from Saturday 30th January to Saturday 6th November 2021

### CLASS ATTIRE

Pupils attend class in a black leotard or tight exercise wear. We have TCC branded apparel available to purchase through our revSPORT system. Leggings & cross overs are optional extras. Hair should be tied back neatly at all classes. Pupils also require rods, practice skirts and clubs (Sub Juniors and above) which can be purchased through the club



## COACHES

Our team coaches are all Accredited Level 1 Coaches in accordance with the Australian Sports Commission regulations, Australian Calisthenic Federation and Victorian Calisthenics Coaches Association. Our coaches are all Level 2 First Aid qualified, hold Working With Children Checks and have completed the ASC Child Protection course.

## FEES

Competitive Registration: \$85  
OR

Recreational Registration \$45

Fundraising Levy: \$50 per family

Yearly Fees:

Tinies \$640

Sub Juniors \$680

Juniors \$720

Inters \$800

Seniors \$920

Masters \$480

## CLASSES

### Tinies-

Ages 3-7 (2014-2018)  
Wednesdays 4.30-6.00pm  
Tooradin Public Hall

### Sub Juniors-

Ages 8-10 (2011-2013)  
Tuesdays 4.30-6.15pm  
Tooradin Public Hall

### Juniors-

Ages 11-13 (2008-2010)  
Mondays 4.30-6.30pm  
Tooradin Public Hall

### Intermediates-

Ages 14-17 (2004-2007)  
Mondays 7.00-9.30pm  
Tooradin Public Hall

### Seniors-

Ages 16+ (in or before 2005)  
Tuesdays 6.45-9.15pm  
Tooradin Public Hall

### Rec Masters-

Ages 18+ (in or before 2003)  
Wednesdays 6.15-7.45pm  
Tooradin Public Hall

## COMPETITIONS

Our teams compete in 3-5 competitions a year, including CVI State Championships. Our competitors always love the chance to perform on stage for their family and friends.

Competitions run from late July through to October. Teams compete for medals and are awarded these at the Club Presentation Night at the end of the year.

## COSTUMES

No sewing required! Some basic sequinning may be required but there is always someone willing to help you out!

Our fees cover costume hire, so no extra or hidden expenses!



## CONTACT

For more information contact

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