

# Calisthenics

Seacliff Calisthenics have a successful competition history and is one of the five oldest Calisthenics Clubs in South Australia. We offer a friendly atmosphere, a wonderful club spirit with emphasis on fun, fitness and friendship.

Calisthenics is a competitive dance sport that comprises of marching, gymnastics, ballet, rod twisting, club swinging, various dance styles and singing, which is choreographed to music and performed in a team on stage.



Starting as young as three years of age participants in Calisthenics progress as they grow older, developing their coordination, learning skills, deportment, confidence and much much more!

All our coaches are Level 1 Accredited with the South Australian Calisthenics Association and provide a fun, team focused and safe environment for participants

Lessons are every Thursday evening at the centre so feel free to visit us for a FREE come and try first lesson and further information.

**Contact :** 0409 094 977  
calisthenics@seacliffrec.org.au

## Calisthenics Timetable

### Tiny Tots (3 - 5 years)

Thursday 4 - 5 pm

### Tinies (5 - 7 years)

Thursday 4.30 - 6 pm

### Sub Juniors (8 - 10 years)

Thursday 5 - 7 pm

### Juniors (11 - 13 years)

Thursday 6 - 8 pm

### Intermediates (14 - 17 years)

Thursday 6.30 - 8.30 pm

### Seniors (18 and over)

Thursday 8 - 10 pm

# Judo

Seacliff Judo Club offers "gentle way" of Judo focusing on the art of self defence for male and female players from the age of 5 years. Our aim is to teach self confidence, discipline, etiquette and coordination in a safe and friendly atmosphere. Judo is an Olympic sport that is practiced world wide with our members and Sensei training and competing nationally and internationally.

Coaches Jason and Brian welcome anyone who is interested in becoming a member to visit us on a Monday or Wednesday evening to view our programs. First 2 lessons are FREE.

**Contact :** 0432 760 834  
judo@seacliffrec.org.au

## Judo Timetable

### Juniors

Monday & Wednesday 6 - 7 pm

### Seniors

Monday & Wednesday 7 - 8.30 pm



# Ju-Jitsu

With a literal translation as "the gentle art" or "the art of suppleness", Ju-Jitsu specialises in self-defence techniques against both armed and unarmed assailants. Kiai Ju-Jitsu Kan is perfect for whole mind and body fitness, personal control, and ensuring confidence through competency.

With a combined martial arts knowledge base of over 100 years, Instructors Bruce, Anthony, Theo and Tim welcome you to come and take part in a free introductory lesson.

**Contact :** 0402 749 201  
jujitsu@seacliffrec.org.au

## Ju-Jitsu Timetable

### Juniors

Tuesday 6 - 7 pm

Saturday 9 - 10 am

### Seniors

Tuesday 7 - 8.30 pm

Friday 6.30 - 8 pm

Saturday 10 - 11.30 am



# You will be AMAZED

at what happens at our centre



**SEACLIFF**  
RECREATION CENTRE

isn't it about time  
you checked us out!

**FOR  
MORE  
INFO:**

**f** **p** **i** **t**  
**phone** 8296 4995 (session times only)  
**email** secretary@seacliffrec.org.au  
**address** 32 Yacca Road Seacliff SA 5049  
**www.seacliffrec.org.au**

# Gymnastics

Seacliff Gymnastics has a proud history of being a community based club which has assisted in an Australian Olympic Gymnast and many State Gymnasts to achieve their chosen goals.

We offer a well-established and successful Women's Competition Program (WAG) ranging from Level 1 through to Level 10 National Stream as well as a Men's Artistic Gymnastics Program (MAG), Gymnastics for All Program (GFA) and an Aerobic and Adult Gymnastics Program.

Coaches are accredited through Gymnastics SA with their aim in assisting gymnasts to achieve their maximum potential in a safe and fun environment.

**Gymnastics for All** - Gymnasts need to be 5 years or older and sessions run for 1 hour. These sessions are grouped in age appropriate sessions using all apparatus for girls and boys.

**Women's Gymnastics** - Gymnasts are generally selected by trial from our Recreational Program for the competition squad. Our WAG Program consists of 4 apparatus; floor, vault, beam and bars.

**Aerobic Gymnastics** - This is a dynamic, energetic gym sport that incorporates jumps and leaps, balance and flexibility, and static and dynamic strength into a vivid aerobic routine. Anyone aged 7 or over is welcome to come and try.

**Men's Gymnastics** - Our MAG program consists of 6 apparatus; floor, vault, high bar, p-bar, rings and pommel.

**Adult Gymnastics** - It's never too late to start something new! This is an opportunity for adults and parents to come and give it a go.

**Contact :** 0411 020 126  
gym@seacliffrec.org.au

## Gymnastics Timetable

### Gymnastics for all

Tuesday	5 - 8 pm	Saturday	9 - 11 am
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### Women's Gymnastics

Monday	5.30 - 8.30 pm	Wednesday	5.30 - 8.30 pm
Friday	5.30 - 7.30 pm	Saturday	10 am - 2.15 pm

### Aerobic Gymnastics

Monday	5.30 - 8.30 pm	Wednesday	4.30 - 8.30 pm
Friday	4.00 - 7.30 pm	Saturday	11.30 - 4.30 pm

### Men's Gymnastics

Wednesday	4 - 6 pm	Friday	5.30 - 7.30 pm
		Saturday	9 am - 12 pm

### Adult Gymnastics

Friday	7.30 - 8.30 pm
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Seacliff Community Recreation  
Association Incorporated is  
proudly a recognised Starclub



# KinderGym

Seacliff KinderGym encourages your child to develop physically, socially, emotionally and cognitively. It is a multi-movement program where children learn to move and move to learn. We use music to encourage cross patterning, right/left brain activities and an extensive variety of stimulating sensory equipment to challenge your child. We provide the foundations for a lifetime of positive attitudes towards physical activity and help to prepare your child for Kindergarten, School and sports.

**Seacliff BabyGym** - (0-18 months) Offers you and your baby, the opportunity to explore and develop your baby's physical and cognitive skills in a fun environment at their own rate.

**Seacliff KinderGym** - (1-5 years) Each session is directed towards empowering your child with the skills and confidence to hang and swing, spin, balance, skip, climb, throw, crawl and jump.

**Seacliff KinderGym Plus** - (3-4 years) An extension of the KinderGym program for children who like to be challenged.

**Seacliff Pre-Gym** - (4-5 years) A structured program, where your child will learn to swing on a bar, kick to a handstand, jump on a trampoline, climb a rope, balance on a beam and practice their ball skills. Challenging, fun activities will develop physical strength and skills and provide a solid foundation for all sports.

**Seacliff Explore-Ability** - (1-5 years) A smaller supportive session for children who may have sensory or gross motor challenges or developmental delays.

All Seacliff KinderGym programs are conducted by qualified, KinderGym coaches.

## KinderGym Timetable

### BabyGym

Monday, Tuesday & Thursday at 12 pm

### KinderGym

Monday, Tuesday, Wednesday & Thursday - 9, 10, 11 am  
Friday - 9, 10 am

### KinderGym Plus

Monday, Tuesday & Thursday at 1.15 pm

### Pre-Gym

Friday at 11 am

### Explore-Ability

Wednesday at 2 pm

**Contact :** 0432 874 532  
kindergym@seacliffrec.org.au

