**Home**

**WELCOME TO SYDNEY CALISTHENICS CLUB**

**Sydney City**

Do you or your child love to sing, dance and perform?

If the answer is yes, Sydney Calisthenics Club is here to help!

Calisthenics is a form of dance which incorporates elements of a number of different artistic styles, including ballet, gymnastics and jazz. It is a team sport suitable for beginners to advanced dancers of all ages. It is perfect for anyone wanting to learn a variety of performance skills all at one convenient weekly class.

Sydney Calisthenics Club is an exciting new club commencing operation in 2013. Our mission is to bring calisthenics to budding dancers and performers in the Sydney City area.

Led by an experienced and talented team of fully accredited coaches and assistants, Sydney Calisthenics Club offers you or your child the opportunity to learn a uniquely Australian style of dance in a safe, fun and nurturing environment.

At Sydney Calisthenics Club, we are committed to sharing our passion for calisthenics and providing you with a rewarding dance experience.

We welcome all new pupils at any stage throughout the year.

[Welcome video]

[Photographs]

[Ipod]

[Ipad]

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**What is Calisthenics?**

**Overview**

Calisthenics is a form of dance which incorporates ballet, gymnastics, singing, folk dance, acting, marching, apparatus technique and performance skills.

Participants are grouped into teams by age and learn routines choreographed to music. Anyone three years or older can participate.

At Sydney Calisthenics Club, each team trains once a week. The training season runs from February to October, but participants are invited and encouraged to join a team at any time during the year.

**Performance Opportunities**

In Sydney, teams perform on stage in one competition and one concert each year. Participants aged seven and up may also choose to perform a solo or duo routine at a special competition or concert. Those participants receive one-on-one coaching.

**Benefits of Calisthenics**

Calisthenics is a sport which encourages fitness and improves co-ordination, flexibility and strength. It also celebrates artistic movement and encourages an appreciation of music and rhythm.

Calisthenics fosters self-confidence, teamwork and commitment and provides great opportunities for making lifelong friends.

For more information, please contact us or visit one of our fantastic classes!

**Why choose Sydney Calisthenics Club?**

**Exciting New Club**

Sydney Calisthenics Club commences operation in 2013, led by an experienced team of coaches and assistants. Based in the Sydney City area, we offer a convenient alternative to the two other Sydney based clubs, which operate in Sydney’s outer suburbs.

**Experienced Coaches**

The principal coaches and assistant coaches at Sydney Calisthenics Club have over 70 years’ combined experience in calisthenics and excellent track records of coaching success, both in terms of results and, most importantly, participant satisfaction. They were schooled as performers and coaches in Victoria, South Australia and the ACT and bring a wealth of creativity, knowledge and passion to calisthenics in Sydney.

**Supportive Environment**

We welcome people who are new to calisthenics, as well as those with previous experience. We provide a safe, non-biased and fun environment in which to learn about dance and artistic movement. At Sydney Calisthenics Club, each participant is nurtured and their individual abilities and progress celebrated.

**Competitive Fees**

We make our fees as all-inclusive as possible and offer a simple 3-part payment plan. We also offer a discount for early payment.

**Costumes and Apparatus Provided**

We provide all costumes and apparatus.

**Coaches**

**Kelly Urquhart**

Co-Principal / Level 1 Coach\*

*Coaching Background*

Kelly has over 30 years experience in calisthenics and has been coaching since she was 14. She spent 22 years with Canadian Bay Calisthenics College in Victoria, where she was Head Coach of the intermediate team (12 – 16 year olds) for 2 years and Head Coach of the senior team (16 years and up) for one year.

When Kelly moved to Sydney in 2009, she was invited to coach at the newly formed Maverick Academy. Under her leadership, the inaugural senior team became State Champions in 2009 and runner-up State Champions in 2011.

Over the years, Kelly has taught solo routines to many participants of all ages, as well as preparing pupils for practical skills exams administered by the Australian Calisthenic Federation. All of her students have passed their exams on the first attempt. Kelly has successfully completed skills exams up to Grade 4.

*Achievements in Calisthenics*

Kelly represented Victoria three times at the annual National Calisthenic Championships, as well as successfully competing on numerous occasions as a soloist and team member. Kelly won the “Best Club Girl” award 3 times at Canadian Bay Calisthenics College.

Kelly credits calisthenics with helping her form many long-lasting friendships with people across Australia.

Sydney Calisthenics Club is the next challenge in Kelly's calisthenics career and she is looking forward to working with new participants and their families and other experienced coaches to grow calisthenics in Sydney.

**Lisa Bloomer**

Co-Principal / Level 1 Coach\*

*Coaching Background*

Lisa became a qualified coach in 2002. Between 2004 and 2011, Lisa coached with Aurora Calisthenics College in Victoria and her teams won almost every competition they entered. In 2006, Lisa was nominated as “Most Successful Coach of the Year” by the Victorian Calisthenic Coaches Association (VCCA). In 2008, she was invited to become a member of the VCCA committee.

Due to the creativeness of her choreography, Lisa skill as a coaching consultant is sought after by a number of calisthenics clubs.

Lisa has coached participants with varying degrees of experience and ability, including a few students with serious disabilities. She truly believes this has enhanced her coaching ability and enriched her life.

*Achievements in Calisthenics*

Lisa started calisthenics 20 years ago and has competed at various levels of the sport, including with Robynmore Calisthenics College in the elite Victorian Championship Division.

Lisa says: “I love calisthenics and what it brings to each individual performer, not only on the stage but the person it shapes through team sport, commitment, friendship and an understanding of others. It’s so much more than a dance class.”

\* Level 1 coaches are accredited with the Australian Sports Commission and the NSW Calisthenic Association Inc., hold Professional Indemnity Insurance and carry a current Level Two First Aid Certificate and Working with Children Check. A level 1 coach supervises every class run by Sydney Calisthenics Club.

**Kate Clarke**

Assistant Coach

**Meredith “Mez” Tasker**

Assistant Coach

Mez has 16 years’ experience in calisthenics as a performer and class assistant. Mez has competed with a number of highly regarded clubs, including Morphett Vale Chelsea in South Australia and Deanne Calisthenics Club in the ACT. Mez has experience assisting a Sub-Junior team (6 – 9 year olds) and loves to share her passion of calisthenics with others.

Mez says: “As a mother, I value calisthenics for promoting self-confidence and teaching children and adults a range of interesting and challenging dance styles. I highly recommend calisthenics to any parent looking for a creative outlet for their child that will also foster friendship, team spirit, dedication and healthy development.”

**Class Details**

**Venue**

[Name of venue]

[Address]

[Map?]

**2013 Class Timetable**

**Please note:** Age groupsare determined by the participant’s age on the 31 of December in the year of competition.

**Tinies (3 - 7 years)**

Saturday 9.30 – 10.30am with Kelly Urquhart and Lisa Bloomer (Kate Clarke and Mez Tasker assisting).

**Sub-Juniors (9 years and under)**

Saturday 10.30am – 12.30pm with Kelly Urquhart and Lisa Bloomer (Kate Clarke and Mez Tasker assisting).

**Juniors (12 years and under)**

Saturday 1 - 3pm with Kelly Urquhart and Lisa Bloomer (Kate Clarke and Mez Tasker assisting).

**Intermediates (16 years and under)**

Friday 6 - 8pm with Kelly Urquhart (Kate Clarke assisting).

**Seniors (16 years and over)**

Thursday 7 - 9pm with Kelly Urquhart and Lisa Bloomer.

**2013 Start Dates**

Tinies, Sub-Juniors and Juniors commence Saturday 2nd February 2013.

Seniors commence Thursday 7 February 2013.

**First Class Free!**

Want to try one of our fantastic classes totally free of charge? Come along and see just how fun a sport can be!

All abilities are welcome.

Drop by a class or contact us by phone on 0468 939 019 or email at [hello@sydneycalisthenics.com](mailto:hello@sydneycalisthenics.com) to register your interest.

**Fees**

**First Class Free!**

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**Schedule of Fees**

**Please note:** Age groups are determined by the participant’s age on the 31 of December in the year of competition.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Class** | **Age Group** | **Registration Fee** | **Fee per Class** | **Fee per Term (3 terms per year)** | **Total Fees per Year** |
| Tinies | 3 – 7 years |  |  |  |  |
| Sub-Juniors | 9 years and under |  |  |  |  |
| Juniors | 12 years and under |  |  |  |  |
| Intermediates | 16 years and under |  |  |  |  |
| Seniors | 16 years and over |  |  |  |  |

Fees are payable per lesson or per term in advance.

Sydney Calisthenics Club is a not-for-profit organisation. Fees cover hall hire, apparatus hire and costumes.

**Contact Us**

**Contact Sydney Calisthenics Club**

For more information or to enrol:

Mobile: 0468 939 019

Email: [hello@sydneycalisthenics.com](mailto:hello@sydneycalisthenics.com)