



# Acrobatic Gymnastics

## A dynamic sport that builds confidence and teamwork

Acrobatic Gymnastics (ACR) is an exhilarating combination of dance and gymnastics elements performed in pairs, trios, and groups, in which athletes perform balance, dynamic, and combined routines.

Both men and women perform these routines, uniting power and poise with grace and beauty.

A sport that encourages building relationships and trust, Acrobatic Gymnastics is a fantastic way to form new friendships while keeping active.

In Acrobatic Gymnastics, you can:

- Develop skills of coordination, agility, strength, and trust
- Practice balance, throws, and dance elements
- Perform spectacular routines with friends

View our timetable below:

<b>Monday</b>	-
<b>Tuesday</b>	Acrobatics Dev 3.30-5.30pm Acrobats Squad 5.00-7.30pm
<b>Wednesday</b>	-
<b>Thursday</b>	Acrobatics Squad 4.00-6.30pm
<b>Friday</b>	Acrobatics Squad 3.30-5.30pm
<b>Saturday</b>	-



FIND OUT MORE: [WWW.MACKAYGYMNASTICS.ORG.AU](http://WWW.MACKAYGYMNASTICS.ORG.AU)