

Feature Club of the Month - West Tamar Gymnastic Club



Tuesday, 26 July 2011

Hope you all enjoy learning more about this wonderful Northern Gymnastic club.

"West Tamar Gymnastics Club was established in 1990. The club is a recreational club with minimal emphasis on competition and maximum concentration on motor skills, social skills and having fun. Based in Exeter, this great gymnastic club provides gymnastic opportunity for local children. The club currently have over 100 members, ranging in age from 5 years to adult. West Tamar's vision is to "Promote healthy activity through quality instruction in a fun atmosphere" and as such, children at all levels of fitness and skills are welcomed and encouraged.

West Tamar Gym Club also incorporates a display team. Our team have showcased their "Tamar Talent" in several *Gymfests*, both in the north and south of Tasmania. 2009 Exeter Show and at *Cirque de Gymnastique* in Melbourne October 2009. More recently West Tamar Gym Club showcased their talent at the 2010 Gym for Life Challenge event in Bendigo.

Classes available at West Tamar Gymnastic Club:

- **Gym Mix**

The program helps develop physical fitness and confidence. It improves balance, flexibility, strength and coordination. Children receive level badges each term as they progress through this fun program.

- **Women's Gymnastics (WG)**

For gymnasts who are ready to participate in National levels 1-3. Girls learn skills and routines of increasing difficulty using Vault, Uneven Bars, Balance Beam and Floor exercise.

- **Men's Gymnastics (MG)**

For gymnasts who are ready to participate in National levels 0-2. Boys learn skills and routines of increasing difficulty using Vault, P Bars, High Bar, Rings, Pommel and Floor exercise.

- **Senior Skills class**

For participants who have completed WG/MG levels. This is a non-competitive skills class.

- **Adult classes**

A combination of Gym Mix/WG/MG level skills appropriate to the adult body.

Please send through an email to willowfield@bigpond.net.au or ph: 03 6394 4366 if you would like to find out more information about classes.

Please see below link of You Tube video and report from West Tamar Gymnastic Club 2010 display at Gym 4 Life Challenge in Bendigo

Other Links

[Gym 4 Life Challenge Display 2010](#)

[Gym 4 Life Challenge Report](#)



West Tamar displaying at Gym 4 Life



West Tamar gymnastic venue



West Tamar members proudly wearing their gym tops



Action shot !



West Tamar displaying at Gym 4 Life