

Calisthenics on a high after shaky new year

Despite a challenging start to the year for Imperial Calisthenics Club, members rallied and have managed to turn things around.

In January, the club – the only calisthenics club in the western suburbs – lost its head coach to Sydney and almost collapsed.

But other coaches and parents of students stepped up to run the club, volunteering hours of work every week.

New coaches from other clubs helped and, on top of this, the juniors moved up to B-grade, as planned.

Last week, at the Betty Fitzpatrick Calisthenics Compet-

ition, the Juniors Imperial Team 1 came second in division 1, Imperial 2 came third in division 2, and the Imperial Sub-junior team came second too.

Places are still available at Imperial Calisthenics College's cali dance class for three to six-year-olds, on Tuesdays from 3.30 to 4.30pm at Quintilian School in Mt Claremont.

Sub-junior (six to nine years) and junior (10 to 13) teams are busy training for the state titles in six weeks, and spots in those teams will become available in term four.

All equipment and costumes are provided for cali dance students.

Calisthenics incorporates elements of dance, gymnastics,

ballet, apparatus work (rods and clubs), marching, drama, singing and more, with the added excitement of dressing up in costumes for stage presentations.

The club's coaches are fully qualified and the first two lessons are free.

At the end of the year, members may choose to take part in the Australian Calisthenic Federation Skills Program.

The program is similar to the Royal Academy of Dance ballet examination system and involves pupils demonstrating sound calisthenic techniques for an examiner.

For more information about the club, ring 0418 902 095, email ridesec@westnet.com.au or go to imperialcc.org.au.

Two talks for U3A meeting

Ian Cameron will discuss growing grapes in WA at the University of the Third Age's next meeting.

This will be on Monday, August 5, at the Grove library.

Dr Cameron's talk is at 2.30pm, but the program begins at 1pm

with John Chesborough's account of flying from Texas to Perth in a light plane.

Coffee and biscuits are served between the two talks, and visitors are always welcome.

For more information, ring Keith, 9383 2037.