



Western Cape Gymnastics Association

Postal Address: P.O. Box 293 Edgemoed, 7407

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NPO Registration: 142 – 856 NPO

Email: info@wcga.co.za

Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics,
Eden Gymnastics, Overberg Gymnastics and West Coast Gymnastics

PROGRAMME

Gym for All - DISTRICT TRIALS

Western Cape Sports School: Friday, 4 August 2017

Friday, 4 August 2017:

<u>Activity:</u>	<u>Time:</u>
Report - Grouping	18h00 – 18h15
General Warm up	18h15 – 18h45
Contest	18h45 – 19h15
Prize giving	19h15 – 19h30

(Please ensure that you are at the venue at least 30 min prior to warm up time)

Kind regards,

WCGA

GFA