

This Girl Can

Bree Fletcher – Mildura Calisthenics Club

My love of calisthenics began in 1991 when my sister and I joined Mildura Calisthenics Club. I continued to dance with the club until I moved away from the region in 2002. Moving back to Mildura to raise my two children I decided to enrol my daughters into tiny tots. Watching their confidence and passion for performing arts grow has been a wonderful experience for me and when Haylee approached me to join her senior's team; I didn't have to think twice. A few months later I was welcomed to the team by a group of friendly and supportive women who have so much passion for their sport. Returning to calisthenics after 16 years definitely presents with its challenges in regards to my strength and flexibility and the thought of returning to competitions and stage fills me with butterflies and excitement! I do, however, look forward to Wednesday nights where I'm surrounded by a group of women practicing as a team, supporting each other, gaining strength and fitness while having a ton of laughs!! Calisthenics is a unique and fun environment where anyone from the ages of 2-102 can express themselves through performing arts and I feel privileged that I can share this love and continue to dance in a club alongside my two daughters.

