

SCHOOL HOLIDAY PROGRAM

3-13 APRIL 2018

CLASS DESCRIPTIONS

Intensive Swim & Survive Program

Swim and Survive is a comprehensive swimming and water safety initiative of Royal Life Saving. Levels are skill bases, so please see Customer Service for bookings and times.

Crawl Play • 8 weeks - walking

Introduces babies to movement in a safe environment using songs, rhymes and gymnastics equipment. Duration: 45 minutes. Location: Gymnastics Hall.

Balance Play • walking - 5 years

This class is focused on parents and children interacting one-on-one, the classes provide free play and organised circuits to promote gymnastics through play. Duration: 45 minutes. Location: Gymnastics Hall.

Ninja Warriors • 8 - 16 years

Test your skills on our very own 'Ninja Warrior' style obstacle course around the gymnastics hall. Can you conquer the giant wall? Duration: 50 minutes. Location: Gymnastics Hall.

Tabloids • 5 - 16 years

Participants will get to experience 10-12 fun stations around the gymnastics hall that uses all of the gymnastics apparatus. Add some music and it's a gymnastics party! Duration: 50 minutes. Location: Gymnastics Hall.

Circus & Rhythmic • 5 - 16 years

A fun twist on general gymnastics where participants will learn circus and rhythmic skills using hand apparatus (i.e. scarves, hoops, ribbons). Duration: 50 minutes. Location: Gymnastics Hall.

Parkour • 8 - 16 years

An alternative to gymnastics – Parkour provides a way for the participant's to use their body to traverse obstacles in effective and fluid movements. Duration: 50 minutes. Location: Gymnastics Hall.

Gymnastics For All • 4 - 16 years

Gymnasts will rotate around the different apparatus in the Gymnastics Hall learning and improving gymnastic skills. Ideal for new or current gymnasts. Duration: 50 minutes. Location: Gymnastics Hall.

COST FOR NON-MEMBERS

You don't have to be a Healthy Kids Member to book into our School Holidays Program!

Intensive Swim & Survive Program: Week 1 - \$50 per child. Week 2 - \$62.50 per child.

Gymnastics Classes: \$6.20 per casual class. Max 2 classes per child per day.

All non-members must book in Centre with a member of our Customer Service Team.

>>> HEALTHY KIDS MEMBER? OUR SCHOOL HOLIDAY PROGRAM IS FREE! <<<

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2ND APRIL	3RD APRIL	4TH APRIL	5TH APRIL	6TH APRIL
Swim & Survive will run each day of the school holidays program. Various times throughout the morning from 9am onwards.				
Public Holiday. School Holiday Program will not run today.	9:00am: Crawl Play		9:00am: Crawl Play	
		10:00am: Balance Play		10:00am: Balance Play
	11:30am: Ninja Warriors	11:30am: Tabloids	11:30am: Ninja Warriors	11:30am: Tabloids
	1:00pm: Tabloids	1:00pm: Gymnastics For All	1:00pm: Tabloids	1:00pm: Circus & Rhythmic
	2:00pm: Parkour	2:00pm: Circus & Rhythmic	2:00pm: Gymnastics For All	2:00pm: Parkour

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9TH APRIL	10TH APRIL	11TH APRIL	12TH APRIL	13TH APRIL
Swim & Survive will run each day of the school holidays program. Various times throughout the morning from 9am onwards.				
	9:00am: Crawl Play		9:00am: Crawl Play	
10:00am: Balance Play		10:00am: Balance Play		10:00am: Balance Play
11:30am: Tabloids	11:30am: Ninja Warriors	11:30am: Tabloids	11:30am: Ninja Warriors	11:30am: Tabloids
1:00pm: Circus & Rhythmic	1:00pm: Tabloids	1:00pm: Gymnastics For All		1:00pm: Circus & Rhythmic
2:00pm: Gymnastics for All	2:00pm: Parkour	2:00pm: Circus & Rhythmic	2:00pm: Tabloids	2:00pm: Parkour

TO BOOK YOUR PLACE SPEAK WITH OUR CUSTOMER SERVICE TEAM