

# SCHOOL HOLIDAY PROGRAM

2 - 13 JULY



## CLASS DESCRIPTIONS

### Intensive Swim & Survive Program

Swim and Survive is a comprehensive swimming and water safety initiative of Royal Life Saving. Levels are skill based, 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.

### 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.

### 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.

### Gympossible • 5 - 16 years

Can you crack the code in this gymnastics style mission? Get active and find the clues along the way. Is it impossible or Gympossible? Duration: 50 minutes. Location: Gymnastics Hall.

### Teen Gym • 12- 16 years

Open to new and current teen aged gymnasts who want to try new skills and have fun in the gymnastics hall on all 6 apparatus. Duration: 50 minutes. Location: Gymnastics Hall.

### Rock Climbing • 5 - 16 years

Scale new heights on our rock climbing wall! Parents/carers must remain in the viewing area for children aged 5-9 years. Sports shoes must be worn to climbing sessions. Duration: 60 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: \$62.50 per child.

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

Rock Climbing: \$8 per session.

**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 JULY	3RD JULY	4TH JULY	5TH JULY	6TH JULY
9:00AM		Crawl Play		Crawl Play	
10:00AM	Balance Play	Balance Play	Balance Play	Balance Play	Balance Play
11:30AM	Tabloids	Gympossible			Tabloids
	Rock Wall *	Rock Wall *			Rock Wall *
1:00PM	Parkour	Tabloids	Tabloids	Gympossible	Teen Gym
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *
2:00PM	Teen Gym	Gym for All	Parkour	Gym for All	Parkour
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9TH JULY	10TH JULY	11TH JULY	12TH JULY	13TH JULY

Swim & Survive will run in the 2nd week of holidays. Various times throughout the morning from 9am onwards.

**\*ROCK WALL SESSIONS ARE \$8 PER CHILD FOR MEMBERS & NON-MEMBERS**

**TO BOOK YOUR PLACE SPEAK WITH OUR CUSTOMER SERVICE TEAM**