

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 provides free play and organised circuits to promote gymnastics through play. Each child must be accompanied by a responsible adult on the gymnastics floor. Duration: 45 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.

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 and 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.

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 ninja mountain? 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: 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: \$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 with upfront payment required in full.



>>> FREE FOR HEALTHY KIDS MEMBERS! <<<

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	24 SEPTEMBER	25 SEPTEMBER	26 SEPTEMBER	27 SEPTEMBER	28 SEPTEMBER
9:00AM		Crawl Play		Crawl Play	PUBLIC HOLIDAY Centre Open 8am - 4pm
10:00AM	Balance Play	Balance Play	Balance Play	Balance Play	
11:30AM	Gym for All	Tabloids	Ninja Warrior	Gym for All	
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	
1:00PM	Ninja Warrior	Gym for All	Tabloids	Circuis and Rhythmic	
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	
2:00PM	Tabloids	Circus and Rhythmic	Gym for All	Tabloids	
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 OCTOBER	2 OCTOBER	3 OCTOBER	4 OCTOBER	5 OCTOBER
	Swim & Survive will run in the second week of holidays. Various times throughout the morning from 9am onwards.				
11:30AM	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *
1:00PM	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *
2:00PM	Rock Wall *	Rock Wall *		Rock Wall *	Rock Wall *

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

TO BOOK INTO OUR SCHOOL HOLIDAY PROGRAM, PLEASE SPEAK TO CUSTOMER SERVICE



GIANT INFLATABLE WILL RUN IN THE 50M POOL EACH DAY FROM 1-4PM!
CASUAL POOL ENTRY FEE APPLIES OR FREE FOR HEALTHY KIDS MEMBERS!