

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.

Fly • NEW PROGRAM! • 5 - 16 years

This NEW program is set to excite! There are 4 different 'Fly' classes, each with a different theme; Ninja Warrior, Circus, Parkour and Everyday Hero. How many different ways can you fly? 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.

SCHOOL HOLIDAY PROGRAM

8-18 APRIL 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8 APRIL	9 APRIL	10 APRIL	11 APRIL	12 APRIL
	Swim & Survive will run in the first week of holidays. Various times throughout the morning from 9am onwards.				
10:30AM	Rock Wall *	Rock Wall *	Rock Wall *		
11:30AM	Rock Wall *	Rock Wall *	Rock Wall *		
1:00PM				Rock Wall *	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	15 APRIL	16 APRIL	17 APRIL	18 APRIL	19 APRIL
9:00AM		Crawl Play		Crawl Play	GOOD FRIDAY CENTRE CLOSED
10:00AM	Balance Play	Balance Play	Balance Play	Balance Play	
11:30AM	Gym for All	Tabloids	Fly - Parkour	Gym for All	
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	
1:00PM	Fly - Ninja Warrior	Gym for All	Tabloids	Fly - Everyday Hero	
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	
2:00PM	Tabloids	Fly - Circus	Gym for All	Tabloids	
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	

***ROCK WALL SESSIONS ARE \$8 PER CHILD FOR MEMBERS & NON-MEMBERS AND MUST BE PAID IN CENTRE TO BOOK INTO OUR SCHOOL HOLIDAY PROGRAM, PLEASE SPEAK TO CUSTOMER SERVICE**



**INFLATABLES WILL RUN EACH DAY FROM 1-4PM! CHECK THE WEBSITE FOR DETAILS.
CASUAL POOL ENTRY FEE APPLIES OR FREE FOR HEALTHY KIDS MEMBERS!**