

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 - 18 months (approx)

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

Balance Play • 18 months (approx) - 5 years

This class provides free play and organised stations 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 • 5 - 16 years

Fly is set to excite! There are 5 different 'Fly' classes, each with a different theme; Ninja Warrior, Circus, Parkour, Everyday Hero and Rings, Bars & Superpowers. How many different ways can you fly? Duration: 50 minutes. Location: Gymnastics Hall.

Gymnastics Mini Olympics • 5 - 16 years

In this Mini Olympics session, find out how gymnastics is the base of lots of other sports! 'Start here, go anywhere' means that gymnastics teaches the fundamentals of many other sports. Try sprinting, slam dunking, dolphin kicking and hurdling with us! 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: \$64.50 per child.

Gymnastics Classes: \$6.40 per casual class. Max 2 classes per child per day.

Rock Climbing: \$8.20 per session.

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

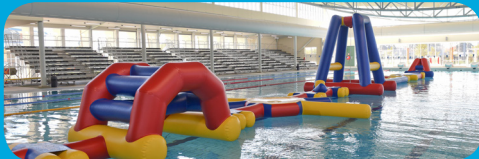
SCHOOL HOLIDAY PROGRAM

1-12 JULY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 JULY	2 JULY	3 JULY	4 JULY	5 JULY
9:00AM		Crawl Play		Crawl Play	
10:00AM	Balance Play	Balance Play	Balance Play	Balance Play	Balance Play
11:30AM	Gym for All	Tabloids	Fly - Parkour	Gym for All	Gymnastics Mini Olympics
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *
1:00PM	Fly - Ninja Warrior	Gym for All	Gymnastics Mini Olympics	Fly - Everyday Hero	Tabloids
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *
2:00PM	Gymnastics Mini Olympics	Fly - Circus	Gym for All	Tabloids	Fly - Rings, Bars & Superpowers
	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *	Rock Wall *

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8 JULY	9 JULY	10 JULY	11 JULY	12 JULY
9AM - 12PM	<p>Intensive Swim & Survive Program</p> <p>Fast-track your child's swimming abilities with our 5-day intensive school holiday program. Our program consists of 5x 30 minute lessons that start at the same time each day throughout the week. Various times throughout the morning from 9am onwards.</p>				

***ROCK WALL SESSIONS ARE \$8.20 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!