

TERM PROGRAMMES

TERM 1
3rd February
2020

Recreation Programmes YMCA Hamilton Term 1 2020



Centre: Hamilton Branch

Address: 36 Pembroke Street, PH: 07 838 2529

Follow this link to register: <https://ymcakidsrec.aimyplus.com>

**Website: www.ymcahamilton.org.nz Facebook:
www.facebook.com/YMCAHamiltonNZ**



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Y-Gymnastics *Mini pre-school classes*

Y-Mini Gymnastics – walking to 3 years old

Monday - \$100.00

Walking to 2 years old is a parent/caregivers and child interactive class where toddlers will be introduced to the world of gymnastics with the support of a familiar face being in the gym with them. Some of the skills they will be learning but not limited to: taking turns, sharing, and following directions. Some basic gymnastic skills which includes body shapes and positions, movement patterns – forward, sideways and backwards on a variety of different pieces of equipment. Classes are 45 minutes long.

Monday - 9:30 am

Y-Mini Gymnastics – Pre-School 3 – 5 years old

Monday - \$100.00

For 3 – 5 years old is a parent/caregivers and child interactive class where toddlers will advance the skills they have learnt in the younger class or for those toddlers new to gymnastics. With the support of a familiar face being in the gym with them the skills will include forward, backward and transverse fundamental movement patterns but also increasing sharing, taking turns, and following directions. All while increasing skills in a fun and caring environment. Class are 45 minutes long.

Monday - 10:30 am

Mini Gymnastics – Friday Family Fun

Friday - \$100.00

For 2yrs-5yrs and 1 Adult up to 2 children. This class is for parents/caregivers to actively partake in a class with their little gymnast. Walk along the beam, do forward rolls all while learning skills with your little one. This is a unique class to cater to those active parents/caregivers who want to join in on the beam or bounce on the trampoline while enjoying one on one time with your budding gymnast. Classes are 45 minutes long and bookings are essential. We will only run this class if we have 5 families booked in. For information please ask our friendly customer service team at reception

Friday – 9.30 am



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Y-Gymnastics School Age Classes

Y-Gymnastics: School Age Colours

With an emphasis on fun and enjoyment, classes focus on development of fundamental movement patterns and gymnastic specific skills. Progress is monitored by a series of graded skills following the YMCA colours programme. Testing will be done towards the end of the term and in the competition. Classes are one hour duration and books are essential. Siblings are not allowed on the equipment. For more information please ask our friendly customer service team at reception.

Monday & Saturday -
\$120.00

Mon – 3.30-4.30pm
Sat – 9.00-10.00am

Y-Gymnastics: School Age Stages

This class has been developed for children who have completed the colours classes and are able to move to stages. The classes range from the basics they have learnt in the colour classes to more advanced skills. We have 5 stage levels within this class and they all work together but perform progressively harder skills through each stage. Many of the children are pre-teens and teenagers so great for the development of core strength and concentration and keeping them in a sport. Bookings are essential. Siblings are not allowed on the equipment. For more information ask our friendly customer service team at reception

Monday - \$120.00
Saturday - \$150.00

Mon – 4.30-5.30 pm
Sat – 10.00-11.30 am

Please note SATURDAYS class is 1 hour and 30 minutes

Y-Gymnastics – Tumbling

At the YMCA Hamilton we are excited by the modern take on gymnastics. The focus of the Y is both mastery of a skill i.e gymnastics precision and execution, coupled with personal creative performance (as opposed to scripted and judged) Gymnastics tumbling is also a great foundation for Parkour, Martial Arts, free running and dance. They will work through the levels of the YMCA criteria.

Saturday - \$120.00

Sat – 11.30-12.15am

Y-Gymnastics – Parkour

Parkour is a training discipline using movement that has been developed for military obstacle course training. Here at the Y we include running, climbing, swinging vaulting, jumping and rolling. The fundamentals of Parkour promotes a high level of physical fitness and gymnastics and emphasizes the relationship between the two.

Sunday - \$120.00

Sun – 9.30-10.15am

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Important dates for 2020

Term 1

- 3rd February – 9th April 2020

Re-enrolments open for Term 2 – Wednesday 1st April 2020

Term 2

- 28th April – 5th July 2020
- Competition – June 28th June 2020

Re-enrolments open for Term 3 – Monday 1st June

Term 3

- Starts – Monday 20th July – Sunday 27th September

Re-enrolments open for Term 4 – Monday 9th September

Term 4

- Starts – Monday 12th October – Sunday 18th December



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