# Kids Recreation Programmes

Term 3 2020
Mon 20th July - Sat 26th Sept

## Y-Gymnastics Mini

$117
Casual: $18

These classes introduce children to gymnastics in a fun and exciting way. With a focus on a different piece of equipment /apparatus each lesson, children will build up their fundamental movement skills by balancing across beams, swinging on bars, jumping off boxes and rolling down wedges. To help encourage your child's imagination and social skills, each week we run a different theme with songs and group warm-ups. Classes have a variety of free time and structure in which children can explore the equipment supported by their caregiver. Classes are 45minutes long and require a 1:1 Parent to Child ratio.

**Age:** 1 & 2yrs **Time:** Wed: 9.15am Thurs: 9.15am

**Age:** 3 & 4yrs **Time:** Wed: 10.15am Thurs: 10.15am Thurs: 11.00am Sat: 9.00am

## Y-Gymnastics Colours & Stages

$128.50
Casual: $18

This is a skills based programme, designed to introduce kids of any ability to the sport of gymnastics in a fun and engaging environment. The instructors will teach kids how to roll, handstand, cartwheel and much more! During lessons, we will explore a range of equipment rotating around circuits, spending time on the beams, bars, rings, floor, vaults, and trampoline. Your child's progress is tracked through the YMCA Colours & Stages Programme, which is tested in Terms 1 & 3. There is opportunity for all Gymnasts to participate in an annual End of Year display.

Wednesday

Time: 3.30-4.30pm Orange/Blue (5yrs+)
Time: 4.00-5.00pm Blue/Red/Stages (6yrs+)
Time: 5.00-6.00pm Red /All Stages (7yrs+)

Thursday

Time: 3.30-4.30pm Orange/Blue (5yrs+)
Time: 4.00-5.00pm Blue/Red/Stages (6yrs+)
Time: 4.30-5.30pm Orange/Blue (4½ yrs+)
Time: 5.00-6.00pm Red /All Stages (7yrs+)

Saturday

Time: 10.00-11.00am All Colours & Stages (5yrs+)

## Y-Gymnastics Advanced

$160
Casual: $18

This programme is an extension of our Colours and Stages skills programmes. Children will progress to this class once they have mastered the required techniques. Advanced Gymnasts are encouraged to take initiative during classes by practicing and extending their skills on the beams, bars, vaults, rings and floor and improving their stretching and conditioning. There is opportunity for Advanced Gymnasts to participate in an annual End of Year display.

**Approval from the Recreation Manager is needed before enrolling into the class*

**Age:** 7yrs+ **Time:** Wednesday 4.30-6.00pm

# Kids Recreation Programmes

## Y-Panthers Basketball

Our Basketball classes teach ball-handling skills, drills, shooting and aiming, as well as an understanding of the rules of basketball in a non-competitive, fun environment. We aim to create confidence, teamwork and overall fitness of all players. Each week focuses on a different element of the game, working in small groups through modified games.

$100
Casual: $15

Monday

**Age:** 5yrs+ **Time:** 4.00-6.00pm

## Community Play

YMCA Ellerslie's Community Play sessions are a fun way to get out of the house and active with your child. Help your toddlers improve their balance and movement exploration on our gymnastics equipment & play shapes. Your pre-schoolers can enhance their co-ordination and fundamental movement through climbing, rolling and the use of our trampolines, bars & beams. Balls, frisbees and small sports equipment is also available to learn & play with.
For children under 5 yrs (children under 1 Free)
No booking necessary; arrive & leave between the allocated time.

$6
per child

**Monday** 8.00am-12.00midday
**Wednesday & Thursday** 11.00am-2.00pm
**Friday** 8.00am-3.00pm

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SAFEGUARDING CHILDREN
YMCA