

TERM PROGRAMMES

TERM 3
22nd July 2019

Pre School Gymnastics

\$130

Ideal for growth and development, classes consist of activities such as songs, rhymes, hand skills and interactive play. Focus on fundamental movement patterns through gymnastics based activities helps build confidence and body awareness in an interactive and social environment. All classes are 45mins and booking is essential.

Siblings are not permitted in the stadium. Please use the childcare facility or make other arrangements (note: no childcare available Monday 1:45pm).

1.5-3yrs	Tues 10:15am Wed 10:15am Fri 10:15am
3-5yrs	Mon 1:45pm Tues 11:15am Wed 11:15am Wed 3:45pm Fri 11:15am

School Age Gymnastics

\$150

With an emphasis on fun and enjoyment, classes focus on development of fundamental movement patterns and gymnastics specific skills. Progress is monitored by the YMCA Colors and Stages syllabus. Children also have the opportunity to participate in the YMCA Competition, Incentive Awards programme and annual displays.

5-7yrs	Mon 3:30pm Tues 3:30pm Wed 3:45pm
5-12yrs	Mon 4:30pm Tues 4:30pm Wed 3:45pm

Rhythmic Gymnastics

\$150

Classes consist of basic body movement, strength conditioning and tuition in the disciplines of ribbon, rope, ball and hoop. These classes are fun, creative and aid in children's physical, emotional and cognitive development.

5-7yrs	Mon 3:30pm
8-12yrs	Mon 4:30pm
5-12yrs	Wed 3:45pm

Homeschool Classes

Gymnastics: Focusing on fun and the development of the fundamental movement patterns, this class works on gymnastics specific skills. Progress is monitored through the Colours and Stages syllabus.

Basketball: This programme provides coaching of essential basketball fundamentals in a fun and structured environment.

Gymnastics 4-12 yrs	\$150 Tue 1:00pm
Basketball 5-10yrs 11+yrs	\$75 Thu 2:00pm Thu 1:00pm

Y Basketball Academy

\$126

This basketball programme is designed for children who want to develop their skills further. It will provide individuals with a good fundamental base and knowledge of the rules of the game while keeping it fun and engaging. Technical aspects, core skills and abilities needed to achieve excellence in basketball will also be developed once basics are mastered.

5 & 6 yrs	Sat 10:00am
7 & 8 yrs	Sat 9:00am
9-13 yrs	Sat 8:00am

Martial Arts

Kids Martial Arts classes are not run by YMCA but are held at the North Shore Centre.

Type	Days Run	Contact Person	Phone / Email
Judo	Thu 6:00pm	Ron Jones	4240980 / 0274816050
ACE Tae Kwon Do	Mon & Wed 4:15pm	Lynn Liew	0212365773
Tiencheng Martial Arts	Sat 3:30pm	Xu Han	hanxu@tiancheng.co.nz

YMCA North Shore Recreation Centre
5 Akoranga Drive, Northcote
09 480 7099 | northshore@ymcauckland.org.nz

 **Out there,
around here.**