

# TERM PROGRAMMES

**TERM 1**  
5<sup>th</sup> February 2018

## Pre School Gymnastics 1.5 – 5 yrs

**\$125 per term**

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  
Fri 11:15am

## School Age Gymnastics 5 – 12 yrs

**\$145 per term**

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 3:30pm

5-12yrs..... Mon 4:30pm  
Tues 4:30pm  
Wed 4:30pm

## Rhythmic Gymnastics 5 – 12 yrs

**\$145 per term**

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..... Monday 3:30pm  
8-12yrs..... Monday 4:30pm

## Homeschool Classes 4 – 15 yrs

**Per term**

Y-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 \$145  
4-12 yrs Tues 1pm

Basketball \$75  
5-10yrs Thurs 2pm  
11+yrs Thurs 1pm

## Y Basketball Academy 5 – 13 yrs

**\$126 per term**

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 & 6year olds Sat 10am  
7 & 8 year olds Sat 9am  
9-13 year olds Sat 8am

## Martial Arts

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

Type	Days Run	Contact Person	Contact Number/Email
Judo	Thursday 6pm	Ron Jones	424 0989 or 0274816050
ACE Tae Kwon Do	Mon-Thurs 4:15pm	Lynn Liew Ivan Kim	0212365773 0211512014
Tiancheng Martial Arts	Wed & Saturday		hanxu@tiancheng.co.nz

**YMCA North Shore**  
5 Akoranga Drive, Northcote  
PH: 09 4807099



**Out there,  
around here.**