

# TERM PROGRAMMES

**TERM 1**  
11<sup>th</sup> February 2019

## Pre School Gymnastics **10% OFF BOOK BEFORE 16<sup>th</sup> Dec--- \$117**

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. Morning classes are 45mins and booking is essential.

NEW: We are running three new after school preschool classes on Monday, Tuesday and Wednesday.

**\$130**

1.5-3yrs	Tues 10:15am Wed 10:15am Fri 10:15am
3-5yrs	Mon 3:30pm Tues 11:15am Tues 3:30pm Wed 11:15am Wed 3:45pm Fri 11:15am

## School Age Gymnastics **10% OFF BOOK BEFORE 16<sup>th</sup> Dec--- \$135**

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.

*(Please note there has been a change to the class time on Wednesday, both the 3:30 and 4:30 class will be moving to one slot at 3:45pm)*

**\$150**

5-7yrs	Mon 3:30pm Tues 3:30pm Wed 3:45pm
5-12yrs	Mon 4:30pm Tues 4:30pm 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.  
**KiwiSport:** This programme provides coaching of a variety of sports to develop your child's skills. It will provide individuals with a good fundamental knowledge of the sport while keeping it fun and engaging.

<b>Gymnastics</b> 4-12 yrs	\$150 Tue 1:00pm
<b>Basketball</b> 5-10yrs 11+yrs	\$75 Thu 2:00pm Thu 1:00pm
<b>KiwiSport</b> 5-11yrs	\$65 Thu 12:00pm

## Y Basketball Academy **10% OFF BOOK BEFORE 16<sup>th</sup> Dec--- \$113.40**

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.

**\$126**

5 & 6 yrs	Sat 10:15am
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

**YMCA North Shore Recreation Centre**  
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 **Out there,  
around here.**