

# TERM PROGRAMMES

**TERM 1 2019**

Mon 11<sup>th</sup> Feb – Sat 13<sup>th</sup> Apr

## Mini & Kindy Gym

Gymnastics encompasses a range of fundamental life skills 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. With a focus on learning through fun and play, parents/caregivers & their children are encouraged to explore, share with the group and try new exciting things.

Mini Gym Classes (1-2 years) and Kindy Gym Classes (3-5 years) classes are 45 mins long.

## Rec Gymnastics

With an emphasis on fun and enjoyment, classes focus on the development of fundamental movement patterns and gymnastics specific skills. Progress is monitored term by term via the Colours and Stages system, with children completing an in class assessment in Terms 1 & 3. Children also have the opportunity to participate in the annual YMCA Competition, and annual End of Year Displays. Classes are 60 minutes long, and there is a ratio of 1:10 running in each class, therefore early bookings are required to secure your spot depending on the popularity of the class.

Rec Gym + Cheerleading: \$210; Rec Gym + Tumbling: \$190

## Advanced Gymnastics

The Advanced Gymnastics class is an extension class for gymnasts who would like to extend their abilities and learn new skills beyond the general scope of our recreation classes. The class run for 90 minutes and features the additional stretching, conditioning & strength work necessary to achieve the more difficult gymnastics moves. Gymnasts must have attended at least 1 term of After School Gymnastics and have the approval of the Rec Manager to participate in the class, 8yrs +.

If you would like to enquire about whether this class is right for your child, please contact the Rec Manager.

Adv. Rec Gym + Cheerleading: \$230; Adv. Rec Gym + Tumbling: \$210

## Cheerleading

Boys and girls will learn cheerleading skills, as well as stunting (*lifts & throws*), tumbling and dance to master a full routine. Children will have the opportunity to develop team work, and work on their co-ordination and confidence. The class is designed for children who would like to compete at a NZ based competition during the year, so attendance is important. A fun and active class that's sure to be a hit with your children and their friends. Suitable for children ages 7-14.

Cheerleading + Tumbling: \$210

## Tumbling

Our tumbling class is the best place to safely learn how to roll, turn, tumble and twist! Classes focus on spatial and body awareness, coordination, and skill development. From forward rolls to back handsprings our expert tumbling coach will help you master the basics, build and retain your tumbling skills! Suitable for children ages 7+

## \$110

### Mini Gym

*1 & 2yrs*

WEDNESDAY  
9.15-10.00am

THURSDAY  
9.15-10.00am

### Kindy Gym

*3-5yrs*

WEDNESDAY  
10.15-11.00am

THURSDAY  
10.15-11.00am  
11.00-11.45am

SATURDAY

8.45-9.30am (2½-4yrs)

9.30-10.15am (3 & 4yrs)

## \$120

WEDNESDAY

3.30-4.30pm; Pink/Blue

4.00-5.00pm; Blue/Red/Stage 1&2

5.00-6.00pm; Red/All Stages

THURSDAY

3.30-4.30pm; Pink/Blue

4.00-5.00pm; Blue/Red/Stage 1&2

4.30-5.30pm; Pink/Blue (4½yrs+)

5.00-6.00pm; Red/All Stages

SATURDAY

10.30-11.30am; Pink/Blue/Red

11.00-12.00am; Blue/Red/All Stages

## \$145

WEDNESDAY

4.30-6.00pm

## \$145

TUESDAY

4.00-5.30pm

## \$120

TUESDAY

5.00-6.00pm

***Trials for any class cost \$14 per child and can be deducted from fees once registered.***

**YMCA at the Ellerslie Recreation Centre**

**46 Michaels Ave, Ellerslie**

**PH: (09) 579-4716**



**Out there,  
around here.**