

# TERM PROGRAMMES

**TERM 1 2017**  
13<sup>th</sup> February – 15<sup>th</sup> April

## Preschool Gymnastics 3yrs & Under (45min)

**\$100**

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

Mon	9:15am
Wed	10:00am
Sat	9:00am

## Preschool Gymnastics 3yrs to 5yrs (45min)

**\$100**

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.

Mon	10:00am
Thur	10:00am
Sat	9:45am

## Kindy Rec 4-5 yrs (45min)

**\$100**

Kindy Rec is the bridge between Preschool Gymnastics and Recreation Gymnastics. It combines the structure and progressions of the recreation programme, while still being fun and tailored towards preschoolers. Participants must have completed multiple terms of the preschool programme, Please ask a coach for information if you feel your child would be ideal placed in this class.

Wed	11:00am
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## Afterschool Gymnastics (Beginner) (1hr)

**\$110**

With an emphasis on fun and enjoyment, classes focus on development of fundamental movement patterns and gymnastic specific skills. This is our beginner class for gymnastics at the YMCA. It is a great way to introduce your child to the sport if they have never done a gymnastics programme before. Participants of this class will be working through their Pink/Orange levels.

Mon	3:30pm
Wed	1:30pm
	3:30pm
Sat	10:30am

## Afterschool Gymnastics (Intermediate) (1hr)

**\$110**

Our intermediate class is structured for the children who have done multiple terms of a gymnastics programme, or have graduated from the Pink & Orange levels. With an emphasis on fun and enjoyment, classes focus on development of fundamental movement patterns and gymnastic specific skills. Working towards a structured but fun curriculum. Participants of this class will be working through their Blue levels.

Mon	3:30pm
	4:30pm
Wed	1:30pm
	3:30pm
	4:30pm
Sat	10.30am

## Afterschool Gymnastics (Experienced) (1hr)

**\$110**

This class is the stepping stone between our recreation programme and our advanced gymnastics classes. It is designed to challenge the participants and retain the fun aspect of recreation gym. Gradulators of the Blue class or children with four terms worth of gymnastics experience will flourish in this class. Participants of this class will be working through their Red levels and starting their Stages 1-5.

Mon	4:30pm
Wed	1:30pm
	4:30pm
Sat	10.30am

## Advanced Gymnastics (1hr)

**\$120**

These classes are designed to turn children into young gymnasts. With emphasis on structure, technique and progression. Participants must have graduated from the Red & Stages levels of our afterschool programme, or had a year of experience at another Gymnastics facility. This is not competition training.

Wednesday	4:30pm
Saturday	11:30am

**Mt Albert Community and Leisure Centre**  
773 New North Rd, Mt Albert, Auckland 1025  
PH: 09 846 0788  
[www.ymcauckland.org.nz](http://www.ymcauckland.org.nz)



**Out there,  
around here.**

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## Ballet (45min)

Ballet classes are the perfect progression to the Preschool dance programme, or for those children who are attending their first dance lesson. Students are introduced to the classical ballet technique in a positive environment using beautiful music and props.

**\$110**

5-6 (intro)	Wed	3:30pm
6yrs+(lvl 1)	Wed	4:15pm
5yrs+ (intro)	Fri	3:30pm

## Hip Hop Dance (45min)

The Dance Hip Hop programme caters for aspiring dancers aged 5 years through to teenagers. Using the latest hip hop and R&B music, dancers gain skill in coordination, musicality, strength and flexibility, in a fun, relaxed environment.

**\$110**

5-7yrs	Tues	3:30pm
	Sat	10:30am
8yrs +	Tues	4:15pm

## Pre School Dance (30min)

These Dance classes are a movement to music program for pre-school aged from 2 yrs. These classes are designed to develop coordination, musicality and flexibility. This class provides the children with a way to express themselves within a fun and imaginative environment.

**\$100**

2-4yrs	Fri	11:45am
	Sat	9:45am

## Junior Basketball (1hr)

Emphasis on ball skills, learning rules and the game of basketball in a noncompetitive environment. We aim to teach kids about the game of basketball, from skills and tips to play the game more effectively, to rules and regulation. This programme offers a broad introduction to the game.

**\$100**

6-9yrs	Tues	3:30pm
	Thurs	
10-12yrs	Tues	4:30pm
	Thurs	

## Pre School Kick N Catch (45min)

A great time for preschool children to get a head start on their gross motor skills development. During this class children will improve their locomotive skills, such as running, jumping, skipping and leaping. Children will also improve on their ball skills including passing, catching and kicking. This will be achieved through fun games that can lead on to a wide variety of sports.

**\$100**

2-5yrs	Tues	9:15am
2-5yrs	Tues	10:00am
2-5yrs	Fri	10:00am

## Cheerleading (45min)

Cheerleading combines elements of gymnastics, stunting, dance and jumps. Each element is choreographed into sections that can be used in a performance routine. Cheerleading is a team sport that relies on energy, strength and a positive attitude! In this class, you will learn the basics of cheerleading, and make friends along the way.

**\$110**

6-8yrs	Mon	3:30pm
9-12yrs	Mon	4:15pm

## Birthday Parties

YMCA Birthday Parties provide an exciting and engaging option for you next birthday party. This deal includes the use of a private function room with kitchen facilities, tables and chairs, and the stadium space. The first hour in the stadium is set up with a range of exciting equipment which is used in supervised games and free play with YMCA staff. Birthday parties are available throughout the year and can be booked through our customer service team.

**\$200**

2-12yrs	Saturday & Sunday
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