

# Kids' Recreation Programmes

**TERM 3 2019**

Mon 22<sup>nd</sup> Jul – Sat 28<sup>th</sup> Sept

## Y-Gymnastics Mini Gym

45 min

\$111

Ideal for growth and development, our **Mini Gym** classes consist of games, stretching, gymnastics circuits and basic skills. Focusing on fundamental movement patterns through gymnastics activities, this class helps build confidence and body awareness in a fun and active environment.

Our Preschool Gymnastics classes require a 1:1 Parent/ Caregiver to Child ratio.

2-3 years Mon 9:15am  
Wed 10am  
Sat 9am

3-4 years Mon 10am  
Thurs 10am  
Sat 9:45am

## Y-Gymnastics Colours

1 hr

\$122

**Orange** is our beginner class for gymnastics at the YMCA. Participants of this class will be working through the Orange beginner level skills. It is perfect for children who have not tried gymnastics before, or have moved through our Preschool programme.

**Blue** is our intermediate class for gymnastics at the YMCA.

Participants of this class would have passed the Orange beginner skills and be working through the Blue intermediate level skills.

**Red** is our experienced class for gymnastics at the YMCA. Participants of this class would have passed the Blue intermediate skills and be working through the Red experienced level skills.

**Orange** Mon 3:30pm  
4-6 years Wed 3:30pm  
Sat 10:30am

**Blue** Mon 3:30pm  
6-7 years Wed 3:30pm  
Sat 10:30am

**Red** Mon 3:30pm  
8 years + Wed 3:30pm  
Sat 10:30am

## Y-Gymnastics Stages

1 hr

\$133

**Stage 1** is the first level of our Stages programme. Participants of this class would have passed the Red experienced skills and be working through the Stage 1 skills.

**Stage 2** is the second level of our Stages programme. Participants must have passed the Stage 1 level skills.

**Stage 3** is the third level of our Stages programme. Participants must have passed the Stage 2 level skills.

**Stage 1** Mon 4:30pm  
Wed 4:30pm

**Stage 2** Mon 4:30pm  
Wed 4:30pm

**Stage 3** Mon 4:30pm  
Wed 4:30pm  
Sat 11:30am

## Y-Gymnastics Advanced

1 hr

\$133

Our **Advanced** group are those who have passed through all Colours and Stages 1-3. These gymnasts are working through Stage 4 and 5 skills, and towards competition routines. This class is by **invitation only**. Please speak to a Gymnastics Instructor to be considered for this class.

**Advanced** Mon 4:30pm  
Wed 4:30pm  
Sat 11:30am

YMCA Mt Albert Community and Leisure Centre  
773 New North Road  
Mt Albert  
09 846 0788

[ymcakidsrec.aimyplus.com](http://ymcakidsrec.aimyplus.com)



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## Y-Gymnastics Homeschool

1 hr

\$122

Our **Homeschool** class is catered to home-educated children looking to increase their strength, coordination, and confidence through our gymnastics programme. It is for all ages and levels of gymnastics, from Orange through to Advanced.

4 years + Wed 1:30pm

## Y-Dance Hip Hop

45 min

\$122

Our **Hip Hop** dance programme caters for aspiring dancers in a non-competitive environment. Using the latest hip hop and R&B music, dancers gain skills in coordination, musicality, choreography and confidence in a fun, relaxed environment. Dancers work towards the YMCA Dance Show held at the end of every term.

5-7 years Thurs 3:30pm  
8 years + Thurs 4:15pm

## Y-Dance Mini

30 min

\$111

**Mini Dance** is a great introduction to dance for children and is designed to develop coordination, musicality and confidence. This class provides the children with a way to express themselves within a fun and imaginative environment. Dancers work towards the YMCA Dance Show held at the end of every term.

2-4 years Mon 11am

## Y-Basketball Academy

1 hr

\$122

Our Basketball **Academy** teaches ball-handling skills, drills, shooting and aiming, as well as an understanding of the rules of basketball in a non-competitive, fun environment. We aim to create confidence, teamwork and overall fitness of all players. Players work towards Inter-YMCA tournaments each year.

5-7 years Thurs 3:30pm  
7-9 years Tues 3:30pm  
Thurs 4:30pm  
10 years + Tues 4:30pm

## Y-Basketball Junior League

1 hr

\$122

Our **Junior League** introduces players to competitive games, teamwork and enhances technique of skills learned in Basketball Academy. Each week, the players are separated into teams to play casual games throughout the class. These teams change each week. Any children younger than 8 years old who would like to join this class can be invited by their academy instructor. Players work towards Inter-YMCA tournaments each year.

8 years Thurs 5:30pm

Do you attend Marist Primary or Mt Albert Primary School?

Our Walking School Bus can bring you from school to our centre for your Kids Recreation Programme. We can also provide care for before or after your programme.

Head to [ymca-aki-ham-bop.aimyplus.com](http://ymca-aki-ham-bop.aimyplus.com) to book Walking School Bus or After School Care.

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