

TERM PROGRAMMES

TERM 1

13th Feb – 13th April 2019
(9 classes per term)

Gymnastics - MiniGym (Crawling to 2 ½ years)	1 Hour	\$110 per term
<p>For babies and children from crawling to 2 ½ yrs old. MiniGym encourages experimentation in movement and physical activities to help develop their co-ordination and motor skills. Parental participation required. All classes are 60mins and booking is essential. Non-enrolled siblings must be in the care of another caregiver and are not allowed on the equipment.</p>		<p>Pre School Gymnastics Wednesday – 9.30am</p>
Gymnastics - KindyGym (2½ to 5 years)	45 Minutes/1 Hour	\$110 per term
<p>Ideal for growth and development, for children 2 ½ yrs +. 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. Booking is essential, non-enrolled siblings must be in the care of another caregiver and are not allowed on the equipment.</p>		<p>Pre School Gymnastics Friday – 9.30am (1 Hour) Saturday – 8.30am (45 Minutes)</p>
Gymnastics - KindyRec – Advanced (4 to 5 years)	1 Hour	\$110 per term
<p>These classes are perfect for those 4-5 year olds that are finding KindyGym too easy. Children must be able to listen to and follow directions from gymnastics instructors. KindyRec follows our Colours and Stages Programme but with a focus on social development and interaction. Children will learn how to follow instructions and participate in a group environment whilst still progressing their gymnastic skills. Parents are asked to be with their child if needed and to remain on site for safety reasons.</p>		<p>Advanced Pre School Wednesday – 3:30pm Saturday – 9.30am</p>
Gymnastics – Recreational (5+ Years)	1 Hour	\$110 per term
<p>Children are taught a wide range of gymnastic and agility skills in a fun and challenging environment. Progress is monitored by skill testing and awards every term. YMCA offers your child opportunities to be tested against the Gymnastics Badge Awards Programme and to be a part of the Gymnastics annual competition. Classes are 1 hour long. Please speak to our staff about what class is right for your child.</p>		<p>5-7 yrs Sat 9:30am & Weds 3:30pm 7-8yrs Sat 10:30am & Wed 4:00pm 9+ yrs Sat 10:30am & Wed 4:30pm</p>
Gymnastics – Advanced (Invitation only)	1 Hour	\$120 per term
<p>This is an invitation only class for experienced gymnasts who wish to excel their abilities. Gymnasts are encouraged to take more self-responsibility in their training and are taught techniques in which they can use to continually further themselves during their own training. NB: This class runs alongside the Parkour and Free Running class.</p>		<p>Wednesday – 5.30pm</p>
Parkour and Free Running (7-12 Years)	1 Hour	\$100 per term
<p>Learn to jump, flip and climb through a range of Free-Running and Parkour techniques catered for beginners up to intermediate skill levels. We may use some outdoor areas to do our training. Running Shoes are required. Please note these are dangerous sports and as such, we prioritize safety, however there is always some risk associated. NB: The class runs alongside the Advanced Gymnastics class.</p>		<p>Wednesday - 5.30pm</p>
Dance classes (5+ Years)	45 mins	\$100 per term
<p>These classes are great for children to gain an introduction to dance and designed to develop coordination. This class provides children with a way to express themselves in a creative environment. We cater for ages 5 through to teenagers.</p>		<p>Thursdays Level 1 (5-8's) 3:30-4:15pm Level 2 (9+) 4:15-5:00pm</p>
Basketball Academy (5+ Years)	1 Hour	\$100 per term
<p>Our junior basketball academy teaches ball-handling skills, drills, shooting, passing. Children will gain a basic understanding of basketball rules in a fun environment. We aim to build confidence, teamwork skills and overall fitness of players.</p>		<p>Sundays Level 1 (5-8's) 9:00-10:00am Level 2 (9+) 10:00-11:00am</p>

Massey Leisure Centre
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**Out there,
around here.**