

Kids Recreation Programmes



Term 4

October 17th to December
17th 2022

Y-Gymnastics Mini Gym - (45 min)

These classes introduce children to gymnastics in a fun and exciting way. With different apparatus out each lesson, children will build up their fundamental movement skills by balancing across beams, swinging on bars, jumping off boxes and rolling down wedges. Classes have a variety of free time and structure in which children can explore the equipment supported by their caregiver. Each week is a different theme with songs and group warm-ups to help encourage your child's imagination.

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

Age: 2-4yrs **Time:** Sat 9.45am

\$123.50

Y-Gymnastics Colours - (1 hour)

This is a skills based programme, designed to introduce children of any ability to the sport of gymnastics in a fun and engaging environment. The instructors will teach how to roll, handstand, cartwheel and much more! During lessons, children will explore a range of equipment rotating around circuits, spending time on the beams, bars, rings, floor, vaults, and trampoline. Children's progress is tracked through the YMCA colours programme, which will work through at their own pace. There is also a opportunity to participate in an annual competition and end of term displays.

Age: 5-8yrs **Time:** Wed 3:30pm or Sat 10.30am

135.50

Y-Gymnastics Stages 1-3 - (1 hour)

Once children have progressed through the YMCA colours programme, they will move onto our stages programme. These are more advanced skills such as dive rolls, round offs and walk overs. Children will rotate around different apparatus circuits including beams, bars, rings, vault and floor. They will spend time developing and perfecting their skills and learning new ones. These classes will give your child a lot of fun and challenges. There is opportunity for children to participate in an annual competition and end of term displays.

Age: 8-12yrs **Time:** Wed 4:30pm

\$144.00

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Y-Gymnastics Advanced (1 hour)

This programme is an extension of our colours and stages skills. Children will progress to this class once they have mastered the required techniques; approval from the Recreation Manager is needed before enrolling into the term. Gymnasts are encouraged to take more responsibility during classes by practicing and extending their skills on the beams, bars, vaults, rings and floor. There is opportunity for children to participate in an annual competition and end of term displays.

\$144.00

Age: 8-12yrs **Time:** Wed 4.30pm

Y-Basketball Academy (1 hour)

Our Basketball Academy teaches ball-handling skills, drills, shooting and aiming, as well as an understanding of the rules and fundamental's of basketball in a non-competitive, fun environment. We aim to create confidence, teamwork and overall fitness of all players. Each week focuses on a different element of the game, working in small groups through modified games. Players work towards Inter-YMCA tournaments each year.

\$135.50

Age: 5-8yrs **Time:** Tuesday 3.30pm.

Age: 9+ **Time:** Tuesday 4:30pm.

Book Online at: ymcakidsrec.aimyplus.com

