

# School holiday gymnastics programs

Looking for something to do with the kids during the holidays?  
Look no further!

Bring them along to our awesome gymnastics programs and workshops to develop their skills and confidence in all sports!

## 1 Handstands and tumbling

Suitable for ages 5+ and all abilities

### It's flippin' fun!

An action-packed 2 hours of flippin' fun. Always wanted to learn to flip? Need some new tricks to impress your friends? Wanting to challenge yourself? Ready to learn more advanced tricks? Come along and learn some cool moves with our awesome coaches in our fun and safe gymnastics centre

**Activities include:** Obstacle courses, skills circuits (focusing on learning or mastering a specific skill), games, partner and team work and acrobatics

**Duration:** 2hrs per session

**Price:** \$30 per session

**Please bring along:** BYO water bottle and wear comfortable clothes

**Parent supervision:** Not required

**Incorporates:** Aspects of GymFun, GymSkills and FreeG programs

## 2 Ninja Workshop

Suitable for ages 5+ and all abilities

### Unleash your inner Ninja!

Welcome all Ninjas! Ever wanted to learn to run the warped wall, swing like a monkey, overcome obstacles and move with stealth and speed? Create your own challenges and learn from the best in this exciting workshop packed with parkour, free-running and Ninja Warrior activities.

**Activities include:** Obstacle courses, skills circuits (focusing on learning or mastering a specific skill), games and challenges, races, partner and team work, and acrobatics

**Duration:** 2hrs per session

**Price:** \$30 per session

**Please bring along:** BYO water bottle and wear comfortable clothes

**Parent supervision:** Not required

**Incorporates:** Aspects of FreeG, parkour, free-running and Ninja Warrior

## 3 Structured gymnastics games and activities program

Suitable for ages 4+ and all abilities Suitable for ages 4+ and all abilities

### Get active and learn some new skills these holidays!

Run, jump and fly at our interactive and fun holiday sessions. An action packed 3hrs of activities and games with your friends, run by our awesome coaches. Improve on your gymnastics skills or learn some new tricks!

**Activities include:** Obstacle courses, skills circuits, partner or group acrobatics, parachute and jumping castle, skills with hand apparatus and movement to music! Children will be 'streamed' within the group depending on age and/or ability

**Duration:** 3hrs per session with two sessions per day, including a supervised lunch break if kids want to do both sessions in the day!

**Price:** \$45 per session

**Please bring along:** BYO lunch, snacks and water bottle and wear comfortable clothes

**Parent supervision:** Not required

**Incorporates:** Aspects of GymFun, GymSkills and FreeG programs

TO BOOK A CLASS CALL **03 9729 6516**  
or email [noblepark@bkgymswim.com.au](mailto:noblepark@bkgymswim.com.au)

