



# 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** **BK's Gymnastics Camp**  
Suitable for ages 5+ and all abilities

Wednesday 15th Jan 10-12pm

Wednesday 22nd Jan 10-12pm

An action-packed 2 hours of fun. 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,

**2** **BK's Ninja Camp**  
Suitable for ages 5+ and all abilities

Monday 13th Jan 10-12pm

Monday 20th Jan 10-12pm

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

TO BOOK A CLASS CALL **03 9720 2479**  
or email [hoppers@bkgymswim.com.au](mailto:hoppers@bkgymswim.com.au)