

# BK's

## GYMNASTICS

6 -17 JULY

# School holiday programs

Gymnastics classes

[bkgymswim.com.au](http://bkgymswim.com.au)

Your local BK's centre is 

**BK's Gymnastics Marrickville**

12 Rich Street,  
Marrickville, NSW 2204  
Ph 02 9550 0088

# BK's

GYMNASTICS

## 10% discount

Book before  
Saturday 27th June to receive  
10% off your total fees for any  
of our holiday programs.

## School holiday 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!

**Payment must  
also be received via  
office in order to secure  
your booking.**

**A general reminder that  
NORMAL classes will  
CONTINUE through  
school holidays.**

TO BOOK A  
CLASS CALL **02 9550 0088**  
or email [marrickville@bkgymswim.com.au](mailto:marrickville@bkgymswim.com.au)

**All bookings  
must be made  
through the office.**



# Camp Cartwheel

Camp Cartwheel is a three-day, intensive gymnastics program for aspiring gymnasts with a focus on skill, strength and flexibility

development training.

Our goal at Camp Cartwheel is for gymnasts to leave with a greater understanding of gymnastics, to be inspired and motivated by what they achieve and to feel encouraged by the experienced and passionate team behind Camp Cartwheel.

Day	Hours	Length	Cost	Early Bird
Single Day	8am - 4pm	8 hours	\$80.00	\$72.00
3 Day Package	8am - 4pm	24 hours	\$220.00	\$200.00
After Care	4pm - 4:45pm	45 mins	\$7.50	\$6.75
	4pm - 5:30pm	1.5 hours	\$15.00	\$13.50
	4pm - 6pm	2 hours	\$20.00	\$18.00

\*Levels parents please note - All levels girls are welcome to book into Camp Cartwheel days and will be broken into levels only groups

# Ninja Day

Ninja Days are exciting, action packed programs that incorporate all our favourite gymnastics skills and apparatus with a 'ninja warrior' twist.

Each day combines a mix of strength, speed and skill development mixed with gymnastics, parkour, flight, flip and leap skills as well as a range of different obstacle course circuits that will keep every ninja challenged, motivated and inspired.

Day	Hours	Length	Cost	Early Bird
Half Day (Morning)	8am - 12pm	4 hours	\$40	\$36.00
Half Day (Afternoon)	12pm - 4pm	4 hours	\$40	\$36.00
After Care	4pm - 4:45pm	45 mins	\$7.50	\$6.75
	4pm - 5:30pm	1.5 hours	\$15	\$13.50
	4pm - 6pm	2 hours	\$20	\$18.00

\*Gymnasts attending regular classes will move straight to their class at 4:00 | 4:45 | 5:30

# BK's

## GYMNASTICS

### Holiday Fun

Each day includes a huge variety of introductory gymnastics activities using all our apparatus, as well as games, team building and problem solving, personal discovery time and a movie during our break.

Day	Hours	Length	Cost	Early Bird
Half Day (Morning)	8am - 12pm	4 hours	\$35.00	\$31.50
Half Day (Afternoon)	12pm - 4pm	4 hours	\$35.00	\$31.50
Long Day	8am - 4pm	8 hours	\$7.000	\$63.00
After Care	4pm - 4:45pm	45 mins	\$7.50	\$6.75
	4pm - 5:30pm	1.5 hours	\$15.00	\$13.50
	4pm - 6pm	2 hours	\$20.00	\$18.00

### 2020 Dates

Month	Program	Mon	Tues	Wed	Thurs	Frid
July	Holiday Fun	6th	7th	8th	9th	10th
		13th	14th	15th	16th	17th
	Camp Cartwheel	6th	7th	8th		
	Ninja Day		7th		9th	
			14th		16th	

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at

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