

HORNSBY RSL YOUTH CLUB GYMNASTICS

HOLIDAY GYMNASTICS

JULY 2020

Join us for a fun filled day of gymnastics activities that will be sure to keep the kids active and entertained all day long!

What's does the day involve?

- ✓ A full day program for children aged 5-12years, members and non members welcome and no experience necessary
- ✓ Children get to participate in a wide variety of gymnastics activities, where we fit all of the best things into one action packed day:
 - GymSKILLS: Activities which focus on developing core gymnastics skills on each of the gymnastics apparatus (vault, bars, beam, floor, rings, p'bars, trampoline)
 - FreeG + Tumble Tricks and Flips: Combining tumbling, aerial and acrobatic skills with Free G - parkour style gymnastics activities!
- ✓ Morning tea and lunch break (bring your own food)
- ✓ Free time – to play and explore our fun filled colourful space

Hornsby RSL Youth Club Gymnastics is a registered COVIDSafe club, with an approved safety plan and procedures in place to ensure the health and safety of all our members and staff. All classes are run by fully qualified and accredited gymnastics coaches.

Program Details:

Dates: Wednesday 8th July
Wednesday 15th July

Time: 9am – 3pm

Cost: \$50 per day

Ages: 5-12 years (no experience necessary)

Bring: Morning tea, lunch and a drink bottle of water

Where: Hornsby RSL Youth Club Gymnastics
1 Ashley Lane, Hornsby NSW 2077
Ph: 9476 6689
Email: info@hornsbyrslgymnastics.com.au



BOOKINGS ESSENTIAL @
WWW.HORNSBYRSLGYMNASTICS.COM.AU