

HOLIDAY GYMNASTICS

OCTOBER 2019

We have a **BRAND NEW** range of holiday gymnastics programs for all ages and ability levels! More days, more choice, more programs! Member and non members welcome.

All programs run by fully qualified gymnastics coaches.

Holiday FUN

A full day program for children 5-12 years that is guaranteed FUN!! The days are themed, with lots of games, gymnastics circuits, activities and much, much more!

GymSKILLS

A 3 hour program for children 5-12 years, or Senior GymSKILLS for 13+ years (great for Senior Advanced, Senior Recreational and new members). GymSKILLS aims to develop select Core Skills with the use of multiple drills and progressions to achieve the specific skill!

FreeG + Tumble, Tricks & Flips (TTF)

A 3 hour program for Junior's 5-12 years and Senior's 13+ years, combining tumbling, aerial and acrobatic skills with FreeG – A parkour style gymnastics class!

Open Gym

The ultimate - an hour non structured 'free play' style session for Junior's 5 - 10 years and Senior's 11-17 years.

Come and join the FUN!

For more information and to view our full program visit our website at www.hornsbyrslgymnastics.com.au



PROGRAM COSTS:

1hr Program = \$10 members and non members
3hr Program = \$25 member / \$30 non member
6hr Program = \$45 member / \$50 non member

BOOKINGS ESSENTIAL @ WWW.HORNSBYRSLGYMNASTICS.COM.AU

HORNSBY RSL YOUTH CLUB GYMNASTICS

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OCTOBER HOLIDAY PROGRAM

DATE	TIME	PROGRAM	AGE
<u>WEEK 1:</u>			
Monday 30 th September	9am - 12noon	Junior GymSKILLS	5-12yrs
	12noon – 3pm	Junior FreeG + TTF	5-12yrs
	Combo 9am – 3pm	Junior GymSKILLS +FreeG + TTF	5-12yrs
Wednesday 2 nd October	9am – 3pm	Holiday FUN Theme: Crazy Circus	5-12yrs
	3pm – 4pm	Junior Open Gym	5-10yrs
	3pm – 4pm	Senior Open Gym	11-17yrs
Thursday 3 rd October	9am – 12noon	Junior FreeG + TTF	5-12yrs
	12noon – 3pm	Junior GymSKILLS	5-12yrs
	Combo 9am – 3pm	Junior FreeG + TTF + GymSKILLS	5-12yrs
	3pm – 6pm	Senior GymSKILLS, FreeG + TTF	13yrs +
Friday 4 th October	9am – 3pm	Holiday FUN Theme: Treasure Island	5-12yrs
<u>WEEK 2:</u>			
Wednesday 9 th October	9am – 12noon	Junior GymSKILLS	5-12yrs
	12noon – 3pm	Junior FreeG + TTF	5-12yrs
	Combo 9am – 3pm	Junior GymSKILLS +FreeG + TTF	5-12yrs
Thursday 10 th October	9am – 3pm	Holiday FUN Theme: Crazy Creatures	5-12yrs
Friday 11 th October	9am – 12noon	Junior FreeG + TTF	5-12yrs
	12noon – 3pm	Junior GymSKILLS	5-12yrs
	Combo 9am – 3pm	Junior FreeG + TTF + GymSKILLS	5-12yrs

WHAT TO BRING:

- ✓ Water bottle
- ✓ Morning tea for all sessions 9am – 12noon
- ✓ Lunch for all sessions 12pm – 3pm
- ✓ Wear comfortable clothes. No skirts, dresses or jewellery

BOOK ONLINE @ WWW.HORNSBYRSLGYMNASTICS.COM.AU

**HORNSBY RSL YOUTH CLUB GYMNASTICS
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