

## APRIL 2025 HOLIDAY PROGRAM



	WEEK 1	Cost	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
HOLIDAY PROGRAMS	Skills & "Fun" Damentals 2.5hr 4yrs -13yrs	\$30	2.5 hours 9am-11:30am	2.5 hours 9am-11:30am	2.5 hours 9am-11:30am	2.5 hours 9am-11:30am	
	Gym, Games & Movie Day Full Day 5yrs - 13yrs	\$60	Full Day 9am - 3pm	Full Day 9am - 3pm	Full Day 9am - 3pm	Full Day 9am - 3pm	

Shire Gymnastics is closed from Friday 18th April - Friday 25th April

**BOOKINGS CAN BE MADE ONLINE VIA OUR WEBSITE - <https://shiregymnastics.com.au/>**

### SKILLS & "FUN" DAMENTALS

Our holiday program is for 4yr - 13yr old boys and girls led by engaging and accredited coaches. The morning will include gymnastics activities providing the opportunity for children to learn new skills or enhance existing skills and try various gymnastics apparatus including tramp, floor, beam, bars, ropes, vault and wall bars. Activities will focus on gymnastics fundamentals, strength, balance, locomotion and flexibility. For our 4 year olds this program is a great starting point for trialing a Kindy Gym or Beginners Recreational class. For our older children this is a great opportunity to focus on skill progression and make new friends.

### GAMES & MOVIE DAY

A fun day of Gymnastics & Games for school aged children from 5yr - 13yr old boys and girls led by our engaging and accredited coaches where children will learn new skills or enhance existing skills on tramp, floor, beam, bars and vault and play a range of fun games that will encourage meeting new friends, team work challenges and incorporate gymnastics fundamentals. After a jam packed day of activity the day will conclude with some quiet games and an age appropriate movie.