

Winter School Holiday Fun



Winter School Holiday Sessions

Workshops: mix it up with a focused workshop for children (\$16.50)

Intro to Gymnastics (4+ no experience required)

An introduction to gymnastics, with an opportunity to experience all main apparatus including beam, bars, and trampolines

Rhythmic (6+ no experience required)

An introduction to rhythmic gymnastics with a combination of gymnastics, dance and apparatus including hoop, ribbon and ball

Circus (4+ no experience required)

An introduction to circus arts, learning elements of juggling, trapeze, hula hoop and acrobatics

Cheer (6+ no experience required)

An introduction to cheer incorporating basic jumps, tumbling and stunting

Flips! (7+ pre-requisite: forward roll)

A focused hour learning a front flip / front sault

Sword Play & Martial Arts (8+ no experience required)

An fun and safe introduction to martial arts and the basics of swordsmanship

Aerials (8+ pre-requisite: 1 handed cartwheel)

A focused session on achieving your aerial. Great for gymnasts or dancers

Gymnastics/Stunt Classes: Gymnastics, KinderGym, Mini Gym and Stunt will be running throughout the holidays on a slightly altered schedule. See website for times/pricing

Handstands & Cartwheels (4+ no experience required)

A focused session on learning and building upon your handstands and cartwheels as well as other floor-based skills

Dance Acro (8+ pre-requisites: cartwheel, handstand, backbend)

An introduction to acrobatics and tumbling with a dance focus. Learn skills to add to your dance routines in a safe and matted environment.

Parkour, Tricking & Freerunning (8+ no experience required)

Incorporates elements of gymnastics blended with kicks, acrobatics and various forms of martial arts

Trampolining & Tumbling (4+ no experience required)

An introduction to trampoline sports and tumbling. Experience the different trampolines and tumble tracks we have on offer at the YMCA

Handsprings (7+ pre-requisites: handstand, roundoff, backbend)

A focused session on learning or perfecting your handsprings

Games, Challenges & Obstacles (4+ no experience required)

An hour of fun including group games, gymnastics challenges and obstacle courses

To book, please visit inea.ymca.org.au - for other enquiries, please call 8344 3811

10-18 Albert St, Windsor Gardens