

School Holidays

INEA YMCA!



Book Now!

inea.ymca.org.au

08 8344 3811

Limited Spots Available

INEA YMCA School Holiday Sessions

Aerials & Walkovers Workshop

A 2 hour focused session working towards your Aerials, Front and Back walkovers. Great for gymnasts or dancers. Prerequisites: one handed cartwheel, Round-off, Backbend. **Ages 7-17.**

Handstands & Cartwheels Workshop

A focused session on learning and building upon your Handstands and Cartwheels as well as other floor-based skills. No experience required, **Ages 4-17.**

Handsprings & Saults Workshop

A 2 hour focused session working towards your Front and Back Handsprings and Front Saults. Great for gymnasts or dancers. Prerequisite - Forward and Backward Roll, Roundoff, Backbend, **Ages 7-17.**

Dance Acro Workshop

An intro to acrobatics and tumbling with a dance focus. Learn skills to add to your dance routines in a safe and matted environment. Pre-requisites - cartwheel, handstand, back bend, **Ages 7-17.**

Open Sessions

A two hour free play in our gymnastics space, for all skills levels, **All ages.**

PlayGym

An open free play session for our littlest gymnasts to explore and try out gymnastics, **Ages 0-5.**

Intro to Gymnastics Workshop

An introduction to gymnastics, with an opportunity to experience all main apparatus including beam, bars, and trampolines. No experience required, **Ages 4-17.**

Parkour Workshop

Parkour is a fusion of Gymnastics, Martial Arts and Free Style Movement. The workshop will involve a series of stations using the apparatus to increase agility and strength while improving balance, and coordination. No experience required, **Ages 5-17.**

Rhythmic Gymnastics

Rhythmic Gymnastics a combination of gymnastics and dance with handheld apparatus including hoop, ribbon, and ball. No experience required, **Ages 6-17.**

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