



# Balance Gymnastics



Over the school holidays, Balance Gymnastics and Fitness Centre will be running a gymnastics School Holiday programme from **Monday 11th January – Friday 22nd January 2021**. These classes will be run by our qualified staff and they will be on the floor at all times to supervise. Children will learn the fundamentals of gymnastics and these classes are suitable for primary school aged children from 5-8 years of age. **Parents will not be allowed on the floor with the children and bookings are required. \$20 per child.**

**\*\*\*\*We will be following all Covid safe procedures\*\*\*\***

## 5-8years

|           |      |               |              |
|-----------|------|---------------|--------------|
| Monday    | 11th | January, 2021 | 11am-12.30pm |
| Tuesday   | 12th | January, 2021 | 11am-12.30pm |
| Wednesday | 13th | January, 2021 | 11am-12.30pm |
| Thursday  | 14th | January, 2021 | 11am-12.30pm |
| Friday    | 15th | January, 2021 | 11am-12.30pm |

|           |      |               |              |
|-----------|------|---------------|--------------|
| Monday    | 18th | January, 2021 | 11am-12:30pm |
| Tuesday   | 19th | January, 2021 | 11am-12:30pm |
| Wednesday | 20th | January, 2021 | 11am-12:30pm |
| Thursday  | 21st | January, 2021 | 11am-12:30pm |
| Friday    | 22nd | January, 2021 | 11am-12:30pm |

**\*\*\*PLEASE BRING A DRINK BOTTLE\*\*\***

We are also running a gymnastics School Holiday programme for primary school aged children from 9-12 years of age. These classes are based around the same concepts as our younger sessions, but with activities that are a little more challenging.

**Parents will not be allowed on the floor with the children and bookings are required. \$25 per child.**

**\*\*\*\*We will be following all Covid safe procedures\*\*\*\***

## 9-12years

|           |      |               |            |
|-----------|------|---------------|------------|
| Monday    | 11th | January, 2021 | 1pm-3.00pm |
| Tuesday   | 12th | January, 2021 | 1pm-3.00pm |
| Wednesday | 13th | January, 2021 | 1pm-3.00pm |
| Thursday  | 14th | January, 2021 | 1pm-3.00pm |
| Friday    | 15th | January, 2021 | 1pm-3.00pm |

|           |      |               |            |
|-----------|------|---------------|------------|
| Monday    | 18th | January, 2021 | 1pm-3.00pm |
| Tuesday   | 19th | January, 2021 | 1pm-3.00pm |
| Wednesday | 20th | January, 2021 | 1pm-3.00pm |
| Thursday  | 21st | January, 2021 | 1pm-3.00pm |
| Friday    | 22nd | January, 2021 | 1pm-3.00pm |

**\*\*\*PLEASE BRING A DRINK BOTTLE\*\*\***

# School Holidays

# 2021

