

## Gymstar 5+ & ALP 5-8 Training

\$25 per session—Mon & Wed 1.00-3.30pm

Please note: **BOOKINGS ESSENTIAL.**

Gymnasts must be booked into training sessions by 5pm the day before session. Training may be cancelled if less than 3 gymnasts are booked into the session.

## SKILLS SESSIONS

- **FUN UPSIDE DOWN: (3rd April & 11th April)**

Do you love to be upside down? Do you love handstands and cartwheels, bridges and walkovers? Then this is the session for you!

- **SPECIAL TROLLS THEME: (4th April & 12th April)**

Come and help Poppy and Branch find all their friends in our special trolls themed skill session!!

- **FLIPS & SALTOS: (5th April & 10th April)**

In this session we will go through drills and safety techniques for flips and saltos, participants will use our equipment to execute different kinds of saults!

- **SWINING AND BALANCING: (6th April)**

Do you love swinging on bars? Love the rings? Ever wanted to try some fun skills on beam or improve your beam skills? If so, you will LOVE this session!!!

- **TUMBLING & TRAMPOLINING: (7th April & 13th April)**

Come along and learn cool tricks on the trampoline! This session will ensure you learn how to use the trampoline safely while having fun and trying new skills!

# FCGC GYMNASTICS

## 2017

FCGC will be running a comprehensive school holiday program in the April school holidays. The program will run

Weekdays 3rd—13th April and includes the following:

- **Full Day Program** (8am- 6pm) - \$70 per day
- **Half Day Program** (9am- 1pm) - \$40 per day
- **1 hour Skills Sessions** - \$20 per session
- **Open Gym (3rd—13th April)**- \$8 per session
- **Gymnasts Training**—\$25 per session

## HOLIDAY OPEN GYM

10am—10:55am & 11am—11:55am

Have some seriously good fun in our fully equipped gymnastics facility. Open Gym is supervised play time in the gymnastics area. It is a non structured class so kids are free to explore and give everything a go. Each open gym goes for 55 minutes and costs **\$8.00 per participant (including members)**. Tiny infants in carriers are free.

Open Gym is open to the public as well as to our members. Please note: All non school aged children must be with a parent/adult at all times.

Sessions will be capped so we recommend booking to avoid missing out on the fun!

**Open Gym will be running weekdays from 3rd—13th April!**

# School Holiday - Full Day & Half Day Program Cost = \$70 Full Day & \$40 Half Day *(Bookings essential)*

	Monday 3rd April (Week 1)	Tuesday 4th April (week 1)	Wednesday 5th April (week 1)	Thursday 6th April (week 1)	Friday 7th April (week 1)
8am - 9am DROP OFF - Program starts at 9am.					
9 - 10am	Fun Games in the Gym	Fun Games in the Gym	Fun Games in the Gym	Fun Games in the Gym	Fun Games in the Gym
10 - 12noon	Finding dory craft and Open Gym	Origami Troll Dolls craft and Open Gym	Puffy Paint craft and Open Gym	Chalk drawing and Open Gym	Easter bunny ears and Open Gym
12 - 1pm Skills Session	<b>Fun upside down</b> Skills Session—Do you love to be upside down? Do you love handstands and cartwheels, bridges and walkovers? Then this is the session for you!	<b>Trolls</b> Skills Session— Come and help Poppy and Branch find all their friends in our special trolls themed skill session!!	<b>Flips &amp; Saltos</b> Skills Session—In this session we will go through drills and safety techniques for flips and saltos, participants will use our equipment to execute different kinds of saults	<b>Swinging and Balancing</b> Skills session—Do you love swinging on bars? Love the rings? Ever wanted to try some fun skills on beam or improve your beam skills? If so, you will LOVE this session!!!	<b>Trampoline &amp; Tumbling</b> Skills Session— Come along and learn cool tricks on the trampoline! This session will ensure you learn how to use the trampoline safely while having fun and trying new skills.
<b>1 PM: Half Day Participants finish</b>					
1– 2pm	Lunch	Lunch	Lunch	Lunch	Lunch
2 - 2:45pm	Popcorn	Cookie Decorating	Fun with fruit	Tea Party Treats	Easter egg nests
2:45 - 3:30pm	Free Time in the Gym	Free Time in the Gym	Free Time in the Gym	Free Time in the Gym	Free Time in the Gym
3:30 - 5pm	Finding Dory	Trolls	The jungle book	Flubber	The good Dinosaur
Program finishes at 5pm. Pick up before 6pm					

	Monday 10th April (week 2)	Tuesday 11th April (week 2)	Wednesday 12th April (week 2)	Thursday 13th April (week 2)	Friday 14th <i>(Closed, public holiday)</i>
8am - 9am DROP OFF - Program starts at 9am.					
9 - 10am	Fun Games in the Gym	Fun Games in the Gym	Fun Games in the Gym	Fun Games in the Gym	
10 - 12noon	Puffy Paint craft and Open Gym	Finding Dory craft and Open Gym	Origami Troll Dolls craft and Open Gym	Easter bunny ears and Open Gym	
12 - 1pm Skills Session	<b>Flips &amp; Saltos</b> Skills Session—In this session we will go through drills and safety techniques for flips and saltos, participants will use our equipment to execute different	<b>Fun upside down</b> Skills Session—Do you love to be upside down? Do you love handstands and cartwheels, bridges and walkovers? Then this is the session for you!	<b>Trolls</b> Skills Session— Come and help Poppy and Branch find all their friends in our special trolls themed skill session!!	<b>Trampoline &amp; Tumbling</b> Skills Session— Come along and learn cool tricks on the trampoline! This session will ensure you learn how to use the trampoline safely while having fun	<b><u>PUBLIC HOLIDAY</u></b>  <b><u>No sessions this day</u></b>
<b>1 PM: Half Day Participants finish</b>					
1– 2pm	Lunch	Lunch	Lunch	Lunch	
2 - 2:45pm	Fun with fruit	Popcorn	Troll Cookie Decorating	Easter egg nests	
2:45 - 3:30pm	Free Time in the Gym	Free Time in the Gym	Free Time in the Gym	Free Time in the Gym	
3:30 - 5pm	The Jungle Book	Finding Dory	Trolls	The good Dinosaur	
Program finishes at 5pm. Pick up before 6pm					

**Please Bring:**

- Morning tea (full & 1/2 day), Lunch (full day), Afternoon tea (Full day).
- Please dress appropriately for gymnastics activities.
- Electronic devices can be brought to be used between 3:30pm - 6.00pm.