



SPRING SCHOOL HOLIDAYS GYMNASTICS



Week 1

Week 2

Wednesday 24th September	Thursday 25th September	Friday 26th September	Monday 29th September	Tuesday 30th September	Wednesday 1 st October
Kindy Gym 10.30-11.30 Ages 0-5	Kindy Gym 10.30-11.30 Ages 0-5		Kindy Gym 10.30-11.30 Ages 0-5	Adaptive Gymnastics 10.30-11.30 Ages 5+	Kindy Gym 10.30-11.30 Ages 0-5
Ninja Minis 1-2pm Ages 5-8	Artistry & Dance 12-1pm Ages 8+	Kindy Gym 2-3pm Ages 0-5	Ninja Minis 12-1pm Ages 5-8	Artistry & Dance 12-1pm Ages 6-8	Conditioning 12-1.30pm Ages 8+
Ninja Wahines 2.30-3.30pm Ages 5-10	Balance & Bars 1.30-2.30pm Ages 8+		Ninja Wahines 3-4pm Ages 5-10	Balance & Bars 1.30-2.30pm Ages 6-8	Stay & Play 2-3pm Ages 5-8
Ninja Warriors 4-5pm Ages 8+	Strength & Power 3-4pm Ages 8+		Ninja Warriors 4.30-5.30pm Ages 8+	Strength & Power 3-4pm Ages 6-8	Stay & Play 3-4pm Ages 8+

Register at: stjohnsgymsports.co.nz

Payment required on registration

No refund available

Child must bring Water Bottle and wear comfortable sport clothing

Note: Kindy Gym sessions are cash on entry / no registration required



What's on!

Ninja

High energy sessions of Parkour and Gymnastics circuits, set to challenge and keep the kids busy...

Come and unleash your inner Ninja!

Artistry & Dance

Gymnastics sessions focused on Floor dance and musical artistry.

Adaptive Gymnastics

This session focusses on building strength and confidence for those with a physical impairment. Our sprung floor and soft play equipment make it a safe and enjoyable environment for play and learning.

Balance & Bars

A combined session of skills and drills on the Balance Beam and swings and tricks on the Bars.

Strength & Power

A power packed session of Gymnastics vaulting, agility, power and speed circuits to have your child zooming their way through the day!

Conditioning

A fun and challenging session of Gymnastics based strength and conditioning games and exercises.