

School Holiday Gymnastics Program 2024

Schedule

Monday to Friday

Jan 15th – 19th

April 15th - 19th

July 8th – 12th

(NINJA COURSE – NO SWIMMING)

Sept 30th – Oct 4th

Times

Sign in: From 8:30 to 9:00am

Collection: 12:30pm half day
or 4pm for full day

Cost

Half Day: \$55.00

(5 DAY DISCOUNT \$250)

9am to 12.30pm

Full Day: \$75.00

(5 DAY DISCOUNT \$350)

9am to 4pm

Bookings Required



Scan QR code to access online portal
& create account to book.

Number are limited

Contact

Gymnastics administration

Ph: 9846 1270

www.chfac.com.au/gymnastics

gymnastics@chrg.com.au

Recreation Holiday Fun in Gymnastics

Come for a Half Day, Full Day or the entire week to our School Holiday Gymnastics Program!

Children aged 5 (**must be attending primary school**) to 12 years are invited to join in for a fun filled time at our Gymnastics Centre. Staffed by Qualified Accredited Gymnastics Coaches, all of which have undergone the relevant Working with Children Check. This program includes Gymnastics Skills, Trampoline, Games and Swimming in our Aquatic Centre for those who attend the Full Day Program. Morning Tea and Afternoon Tea are provided for the complete holiday experience.

(For children attending FULL DAY: You are required to bring lunch. Please avoid providing food with nut products, e.g. Nutella, Peanuts, etc.)



Program Structure

Time	Activity
9:00am	Free Time in the Foam Pit, Games, Stretch
9:50am	Gymnastics Strength Circuits
10:30am	Morning Tea (Provided)
10:50am	Gymnastics Circuits
12:30pm	½ Day Children Leave/ Full Day Children Have Lunch
1:30pm	Swimming in Castle Hill Aquatics Center (confident swimmers only)
2:30pm	Afternoon Tea (provided)
3pm	Games, Free Time in Foam Pit
4pm	Full Day Children Leave