

ALTITUDE GYMNASTICS HOLIDAY PROGRAM



Altitude Gym Sports is operating a Gymnastic Holiday Program for school children aged 6-12yrs*. (* 5 ½ year olds may be considered for participation under application – please contact management.)

These programs are perfect for parents who are looking for an energetic and exciting activity for their child during the school holidays.



We will provide students with a fun program that offers a variety of different activities that are both active and fun-filled. These activities include interactive games, group activities, gymnastics, basic fundamental skills, acrobatics, aerials development, trampolining and much more.



Each lesson is challenging for beginners as well as intermediate skilled gymnasts. We will ensure that each child learns at a comfortable pace. Our holiday program will not only get your child out of the house and moving, but will enhance their balance, hand-eye coordination, strength and more! These fundamental skills are taught in an interactive and FUN atmosphere.

Altitude Gym Sports is conveniently located at Unit 1, No. 6 Church Rd, Moorebank, 2170

Please use our back gate to access our drop off point – this should also be used for pick-up.

Parents should remain in their cars, to ensure swift pick up in the afternoon.



Please call 02 8798 5560 for all enquiries!

HOLIDAY PROGRAM

JULY 3rd – 14th 2017



PROGRAM HOURS OF OPERATION: 9.00am to 3.00pm (Extended hours 8.30 to 4.00)

Students will have various choices for attendance:

FULL DAY – 9.00am to 3.00pm OR SINGLE SESSION 9.00am to 11.00

For the Full Day Students – we will have additional quiet supervised activities in the afternoon so that students get some “down time” from physical activity.

If students need to be dropped off earlier than 9.00 or picked up later than 3.00.

We can accommodate 8.30am – or 4.00 - \$10 per 30 minutes – Bookings Essential.

AGE GROUPS: Gymnastic Holiday Program for ages 6-12, where possible will be split into appropriate age & activity groups. (We may accept 5 ½ year olds who are at school and members of Altitude – please see management) All groups will receive tuition in the following areas:

CLASSES:

Gymnastic focus feature basic gymnastic skill development, gross motor development activities, activities on the floor, trampoline, bars, beam, vault, single-mini-tramp and more.

Acro focus feature mainly floor work, including acrobatic and tumbling elements such as cartwheels, walkovers, round-offs, but also includes some trampoline and hand-bar work for flex and balance elements.

Tramp focus feature mainly trampoline skill development and includes basic tumbling, aerial shape development, somersault development, Big tramps, Mini-tramps, Tumble tramps.

All classes will also have a fitness, strength, flexibility fundamental as part of the daily session.

PAYMENT OPTIONS: Fees can be paid via cash, cheque, EFTPOS or internet transfer to secure the booking. Payment details are on our booking forms.

WHAT TO WEAR: Children must wear tight fitting play clothes e.g. tights or sports shorts, tight singlet or t-shirt (leotards can also be worn). Loose clothing, denim, skirts or other unsuitable clothing will not be permitted to be worn, as it is unsafe for gymnastics activities. No hoodies please.

No shoes are worn during gymnastics activities, however socks are required for the trampolines, so please ensure socks are pack in bags when attending our program.

ALTITUDE GYMNASTICS HOLIDAY PROGRAM



WHAT TO BRING: Full day participants: Please ensure your child has a healthy morning tea, lunch & afternoon snack with them.

Morning Session participants will be picked up at Morning Tea time – but can bring a healthy snack to eat at the conclusion of their session as they will most like be hungry after all that exercise.

There is no food available for purchase at our centre. Nuts or food containing nuts must not be brought into premises. It is vital that children have had breakfast before they arrive for the day.

All children need to bring a refillable drink bottle to the centre. Participants will be encouraged to drink plenty of water throughout the day. We sell cold water for \$2.

Any toys, especially electronic devices, brought with your child to our centre, is at your own risk, we do not assume responsibility if items are lost, broken or stolen.

Please bring all relevant medication, along with instructions, on a daily basis.

Basic Schedule

8.30am-9:00am	EARLY DROP OFF TIME (\$10 per 30 minutes)
9.00am-9.15am	DROP OFF
9.15am	WARM-UP
9.30am	GAMES
10:00am	GYMNASTIC GROUPS
11:00am	END OF MORNING SESSION - Pack up and child collection MORNING TEA – Full Day participants
11.30am	GYMNASTIC GROUPS
12:30pm	LUNCH & QUIET ACTIVITIES
1:30pm	QUIET AFTERNOON ACTIVITIES
2:00pm	GYMNASTIC GROUPS
2:30pm	GAMES & COOL DOWN
2:50pm	END OF DAY - Pack up and child collection
3.00pm	ALL CHILDREN MUST BE PICKED UP BY 3.00 \$1 PER MINUTE LATE FEE
4.00pm	LATE PICK-UP TIME (\$10 per 30 minutes)

Altitude Gym Sports is conveniently located at Unit 1, No. 6 Church Rd, Moorebank, 2170

Please use our back gate to access our drop off point – this should also be used for pick-up.

Parents should remain in their cars, to ensure swift pick up in the afternoon.

Please call 02 8798 5560 for all enquiries!