

Ph: 07 4092 5113

## **Bookings via our website:**

https://www.mareebagymnastics.org.au/book-online

Email: fun@mareebagymnastics.org.au

## Activities for 1 years to Adults.

Adult Fitness Classes, Full Day Activities, Indoor Jumping Castles, Learn to Flip Classes & Parkour

Day	Class	Description	Times	Costs
Tue 22 <sup>nd</sup> Sep	# Day Camp  Girls & Boys 5-15 years (School Aged Children)	Day Camp is a day which includes 3 hours of indoor games, art & craft activity, a movie, & more indoor game. Children will need to pack morning tea, lunch & afternoon tea.	8.30am – 3.00pm	\$55 per child+ Early birds receive a 10% discount +EB (Early Bird) – Before 18th September
Wed 23 <sup>rd</sup> Sep	# Free G  Girls & Boys 5-15 years (School Aged Children)	A combination of tumbling, gymnastics, parkour, free running & tricking. This dynamic and exciting, indoor class will find your participant jumping over boxes, moving through, over & under obstacles. Taught in a safe environment with qualified coaches.	1.30pm – 2.30pm	\$12.00 Bookings 24 hours in advance+ \$15.00 On the day
Thu 24 <sup>th</sup> Sep	# Gymnastics Bingo  Girls & Boys 5-15 years (School Aged Children	See if you can get a Bingo by learning new skills and completing obstacles. Participants will be required to complete certain elements and have them marked off on their bingo card to see if they can complete a full row to receive a bingo.	1.30pm — 2.30pm  All Bingo's receive an icy pole.	\$12.00 Bookings 24 hours in advance+ \$15.00 On the day
Wed 30 <sup>th</sup> Sep	# Jump Craze Girls & Boys 0-15 years.	Where kids can <i>jump, bounce &amp; play</i> on the inflatable indoor jumping castles, mini trampolines, and an air track. Under 5's must have an adult stay on the premises	Session 1: Under 5's 9.30am – 10.30am Session 2:	Session Prices:
CRAZE	© Come & learn how to flip or just bounce with us ©	while they jump.  There will be 3 different sessions. Session 1 strictly under 5's, Session 2 is for the mixed ages 0-15 years and Session 3 is strictly 5-15 years.	Mixed Ages 0-15 years 10.30am – 11.30am Session 3: 5-15 years 11.30am – 1.00pm	\$12.00 Bookings 24 hours in advance+ \$15.00 On the day
Thu 1 <sup>st</sup> Oct	# Ninja Training  Girls & Boys 3-15 years (School Aged Children	Ninja training involves several different obstacle courses within the gym. Participants will need to use strength, balance and agility to navigate their way through the circuits. Ninja's will be separated into appropriate age groups to ensure the safety of all. Ninja's 5 years and younger parent assistance required	9.45am – 11.15am  NINJA TRAINING	\$12.00 Bookings 24 hours in advance+ \$15.00 On the day
Adult Fitness	FunFIT  Men & Women 16  years +	Adults' strength, stretch, fitness, & injury prevention. Classes involve a 20-minute cardio workout, 30-minute Strength HIIT (high-intensity interval training) 20-minute detailed head to toe stretch with a 20-minute apparatus play time.	Every Wednesday Evening* 6.30 – 8.00pm *Runs all year round	\$17.00 Member bookings 24 hours in advance+ \$18.00 Members on the day \$21.00 Non-members on the day
FunFit S&S	S&S - Strength & Stretch  Women 16 years +  With Child Minding	Body weight strength & stretch class.  Classes consist of a general warm-up, 20- minute HIIT (high intensity training) strength session, followed by a relaxing full body stretch. Child minding is available in the gym where children can play on equipment with a qualified coach	Every Monday * 1.15-2.15pm & Thursday * 11.30-12.30pm	\$10.00 On the day  *10 Visit Card valid for 6 months \$90.00  Childminding Members - \$2.00  Childminding Non Members - \$5.00  SPECIAL - All School Aged  children EPEE for child minding
	Available	at a low cost.	*Runs all year round*	children FREE for child minding these School Holiday

Holiday programs run from Monday 21st September through to Friday 2nd October. Term 4 Classes will start on Tuesday 5th October. There will be a canteen available for the purchase of cold drinks, tea, coffee, & confectionery.

<sup>+</sup>To take advantage of the EB price payment is required. To take advantage of the booking price payment is required. Once payment has been made bookings are non-refundable non-transferable. # Bookings encouraged;

## **Competitive Holiday Classes**

Offering classes during the school holiday period promotes continuous learning. The constant expansion of skill development and skill-sets through learning and increasing knowledge, strength & flexibility. Must be currently enrolled in the following classes to attend.

WAG & MAG Competition Levels	WAG 1	Mon 21 <sup>st</sup> Sep Wed 23 <sup>rd</sup> Sep Mon 28 <sup>th</sup> Sep Wed 30 <sup>th</sup> Sep	3.20-4.20pm	Early Bird by 18 <sup>th</sup> Sep Holiday Payment - \$60.00	Individual Class \$20.00 per lesson
	WAG 2	Mon 21 <sup>st</sup> Sep Wed 23 <sup>rd</sup> Sep Mon 28 <sup>th</sup> Sep Wed 30 <sup>th</sup> Sep	4.20-6.20pm	Early Bird by 18 <sup>th</sup> Sep Holiday Payment - \$86.00	Individual Class \$26.50 per lesson
	WAG Pre 3	Mon 21 <sup>st</sup> Sep Wed 23 <sup>rd</sup> Sep Mon 28 <sup>th</sup> Sep Wed 30 <sup>th</sup> Sep	4.00-6.30pm	Early Bird by 18 <sup>th</sup> Sep Holiday Payment - \$96.00	Individual Class \$30.00 per lesson
	WAG 3	Tue 22 <sup>nd</sup> Sep Thu 24 <sup>th</sup> Sep Tue 29 <sup>th</sup> Sep Thu 1 <sup>st</sup> Oct	3.15-6.15pm	Early Bird by 18 <sup>th</sup> Sep Holiday Payment - \$102.00	Individual Class \$30.50 per lesson
	WAG 4+	Tue 22 <sup>nd</sup> Sep Thu 24 <sup>th</sup> Sep Fri 25 <sup>th</sup> Sep Tue 29 <sup>th</sup> Sep Thu 1 <sup>st</sup> Oct Fri 2 <sup>nd</sup> Oct	Tue 3.15-7.00pm Thur 3.15-6.30pm *Fri (Pit Training) Barron Valley 11.00-3.00pm	Early Bird by 18 <sup>th</sup> Sep Holiday Payment - \$171.00	Individual Class \$33.50 per lesson
	MAG 1 & P2	Tue 22 <sup>nd</sup> Sep Thu 24 <sup>th</sup> Sep Tue 29 <sup>th</sup> Sep Thu 1 <sup>st</sup> Oct	3.30-4.30pm	Early Bird by 18 <sup>th</sup> Sep Holiday Payment - \$60.00	Individual Class \$20.00 per lesson
	MAG 2-3	Tue 22 <sup>nd</sup> Sep Thu 24 <sup>th</sup> Sep Tue 29 <sup>th</sup> Sep Thu 1 <sup>st</sup> Oct	4.30-6.30pm	Early Bird by 18 <sup>th</sup> Sep Holiday Payment - \$86.00	Individual Class \$26.50 per lesson
	MAG 4+	Mon 21 <sup>st</sup> Sep Wed 23 <sup>rd</sup> Sep Fri 25 <sup>th</sup> Sep Mon 28 <sup>th</sup> Sep Wed 30 <sup>th</sup> Sep Fri 2 <sup>nd</sup> Oct	Mon 3.15-7.00pm Wed 3.15-6.30pm *Fri (Pit Training) Barron Valley 11.00-3.00pm	Early Bird by 18 <sup>th</sup> Sep Holiday Payment - \$171.00	Individual Class \$33.50 per lesson

<sup>\*</sup>Friday Trainings will take place at Barron Valley Gymnastics Club, 46 Magazine St, Stratford. Please note due to Covid-19 restrictions parents are asked to drop off and leave, due to the limits on spectators.