



Week Two
January
20th - 23rd



Monday
20th January 2020

It's All About the Bounce
 8.50am - 10.20am 5+ yrs
 Trampoline, air floor, tumble track, spring boards & pit fun

Acro Development 1
 10.30am - 12pm 7+ yrs
 Acro skills, floor work & body conditioning

Swing and Balance
 12.30pm - 2.00pm 5+ yrs
 Bars, Rings and Beam!
 Feel like hanging around? Come swing with us!

Free Choice
 2.10pm - 3.40pm 7+ yrs
 Spend some focused time working on skills you want to do

Wednesday
22nd January 2020

Acro Development 2
 8.50am - 10.20am 5+ yrs
 Flexibility, walkover drills & back

Parkour
 10.30am - 12pm 5+ yrs
 Come and bring your inner Ninja Warrior
 Precision jumping, trick work.

Free Choice
 12.30pm - 2.00pm 7+ yrs
 Spend some focused time working on skills you want to do

Trampoline basics
 2.10pm - 3.40pm 4+ yrs
 Trampoline, double mini tramp and Tumble track.

Thursday
23rd January 2020

Acro Development 3
 8.50am - 10.20am 5+ yrs
 Tumbling focus: roundoff, handsprings & sault drills

Gymnastics is for Everyone!
 10.30am - 12pm 5+ yrs
 Base of All Sports - Girls & Boys
 Come and try our selection of programs.

Free Choice
 12.30pm - 2.00pm 7+ yrs
 Spend some focused time working on the things you want to do

Team Gym
 2.10pm - 3.40pm 5+ yrs
 Mini Tramp, Airtrack and floor.
 Team work, skills and challenges!!

Hobart Gymnastics Academy Inc
 27 - 29 Hurst Street
 Bridgewater
 Ph: 03 6263 3460
 E: reception@hga.org.au
 W: www.hga.gymnastics.org.au

Find us on

Bookings are Essential!
 Register online through the
HGA Events Calendar
www.hga.gymnastics.org.au
 Registrations open
Friday
15th November 2019

Save the date!
Beginners & non members
welcome to EVERY session
 See our website for more information

Bookings Close 13th January 2020

Price - per Child

Per Workshop	\$20.00
Full Day	\$60.00

4 Workshops for the price of 3

- Please bring lunch when staying the whole day
- Payment Upon Booking
- No Refunds* refer T's & C's
- Limited Numbers per Workshop
- Places will not be confirmed until payment is received

Monday
20th January 2020

8.50am—10.20am

It's All About the Bounce 5+ yrs

Trampoline, air floor, tumble track, spring boards & pit fun

10.30am—12pm

Acro Development 1 7+ yrs

Acro skills, floor work & body conditioning

12.30pm—2.00pm

Swing and Balance 5+ yrs

Bars, Rings and Beam.
Feel like hanging around? Come swing with us!

2.10pm—3.40pm

Free Choice 7+ yrs

Spend some focused time working on the things you want to do

Wednesday
22nd January 2020

8.50am—10.20am

Acro Development 2 5+ yrs

Flexibility, walkover drills & back handsprings

10.30am—12pm

Parkour 5+ yrs

Bring your inner Ninja Warrior.
Precision jumping and trick work.

12.30pm—2.00pm

Free Choice 7+ yrs

Spend some focused time working on the skills you want to do

2.10pm—3.40pm

Trampoline basics 4+ yrs

Trampoline, double mini tramp and tumble track.

Thursday
23rd January 2020

8.50am—10.20am

Acro Development 3 5+ yrs

Tumbling focus: roundoff, handsprings & sault drills

10.30am—12pm

Gymnastics is for Everyone! 5+ yrs

Base of All Sports - Girls & Boys
Come and try our selection of programs.

12.30pm—2.00pm

Free Choice 7+ yrs

Spend some focused time working on the things you want to do

2.10pm—3.40pm

Team Gym 5+ yrs

Mini tramp, air track and floor. Team work, skills and challenges