



School Holiday Program

22nd September - 5th October

**Early Bird
Offer Ends
07/09/2025**

HOLIDAY FUN Ages 5+

A session filled with gymnastics themed games + activities utilising traditional gymnastics equipment including Trampoline, Balance Beams, Bars, Rings, Vault and Floor.

The program also incorporates some small gymnastics skill-based circuits suitable to Beginner gymnasts aged 5+.

Tuesday 23rd September
12.30pm-3.30pm

Thursday 25th September
12.00pm-3.00pm

Saturday 27th September
2.00pm-5.00pm

Monday 29th September
12.30pm-3.30pm

Wednesday 1st October
9.00am-12.00pm

Sunday 5th October
2.00pm-5.00pm

NINJA DAY Ages 5+

A session filled with learning some super cool Ninja and Parkour skills, Obstacle Courses, Time Trials and Skill-Based Challenges in a fun, actioned packed environment. All activities will utilise traditional gymnastics equipment.

Monday 22nd September
12.30pm-3.30pm

Thursday 25th September
9.00am-12.00pm

Saturday 27th September
2.00pm-5.00pm

Tuesday 30th September
12.30pm-3.30pm

Wednesday 1st October
12.00pm-3.00pm

Sunday 5th October
2.00pm-5.00pm

SKILLS CLINIC Ages 8+

A more advanced gymnastics skills focused session teaching and consolidating progressions of handstands, cartwheels, walkovers, handsprings and saults across all gymnastics apparatus. The program also incorporates some flexibility and gymnastics specific strength training elements.

Wednesday 24th September
11.00am-2.00pm

Thursday 2nd October
11.00am-2.00pm

BOOK NOW & SAVE
Early Bird | \$50.00

To Book
Please See Reception
OR
Call (03) 8358 4361
OR
Email -

carolinesprings@bkgymswim.com.au

REGULAR PRICE
\$55.00

BK's Gymnastics
Caroline Springs

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