

School Holiday Programme – July 2018

Bookings essential – info@pcyclaunceston.org.au. All sessions \$10. Terms and Conditions Apply.

Monday

Tuesday

Wednesday

Thursday

Friday



KinderGym
9:30-10:15



GymFun
9:30-10:30



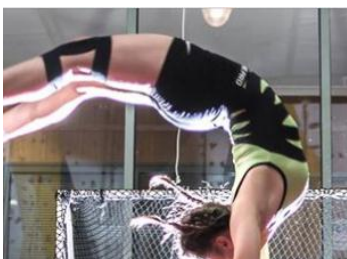
Wednesday 11 - Gorge Climb
9:00-12:00 & 12:30-3:30



GymFun
9:30-10:30



Friday 13 - Drawing
10:00-11:00



Tumbling
10:30-11:30



Tuesday 17 – Hampster Run
2:00-4:00



Wednesday 11 - Taiko
10:00 – 2:00



Thurs 19 – Indoor Climb
2:00-4:00



Friday 13 – Creative Writing
11:30 – 12:30



Trampoline
1:30-2:30



Wed 18 – 3x3 Basketball
9:30 – 4:00



Friday 20 – Theatre Skills
10:00-2:00

KinderGym - Monday 9 & 16 July – 9:30 – 10:15

KinderGym provides a fantastic opportunity for children and parents to play and learn together; developing gross and fine motor skills, building confidence, and learning through play. Each week offers a different focus; maybe you will fly like a super hero or jump like a monkey, but whatever you do, be ready to have some fun.

Tumbling - Monday 9 & 16 July – 10:30 - 11:30

Tumbling is a fast-paced acrobatic sport that combines gymnastics and trampolining skills down a 25 meter air floor. Introductory classes for boys and girls develop strength, agility, coordination, flexibility and motor skills while having fun and making new friends. Your child will learn how to flip, somersault, tuck, handstand and hand springs, all without the use of props or equipment.

Trampolining - Monday 9 & 16 July – 1:30 - 2:30

This introductory trampolining class for boys and girls develops strength, agility, coordination, flexibility and motor skills while having fun and making new friends. Specifically designed for children aged 5 – 12 years, your child will learn how to twist, flip and fly whilst also learning aerial awareness and trampoline safety.

Gymnastics - Tuesdays 10 & 17, Thursday 12 & 19 July – 9:30 - 10:30

This introductory gymnastics class for boys and girls develops strength, ability, coordination, flexibility and motor skills while having fun and making new friends. Specifically designed for children aged 5 – 12 years, your child will learn handstands, cartwheels, balance, jumps and rolls using the vault, bars, beams and floor.

Indoor Rock Climbing - Thursday 19 July – 2:00 - 4:00

Come and challenge yourself on our indoor, 8m high climbing wall. There are seven challenging climbs, all set by the National Route Setter. All abilities and all ages.

Taiko Drumming and MAC Attack – Wednesday 11 July – 10:00 – 2:00

This form of percussion involves power, grace and is great for coordination, focus, team work and gives the brain a fantastic ‘two sided’ workout. Students will learn this ancient art before letting loose on the MAC attack. After the exciting and intense Taiko workshop in the morning, after lunch will see students playing, twisting, weaving with a variety of indoor games and activities, including the Slack Line and Crate Climbing.

Outdoor Rock Climbing @ the Gorge – Wednesday 11 July – 9:00 & 12:30

School Holiday Adventure - Outdoor rock climbing at the picturesque cataract gorge. Morning session 9am - 12 noon. Afternoon session 12.30 - 3.30. Places limited. Payment required to secure booking.

Creative Writing - Friday 13 July – 11:30 – 12:30

Under the glowing light from within your very soul, unleash your minds-eye to create a world you have only ever dreamed of. Come together with other creative minds and begin to embrace the power, beauty and strength of the creative word. Creative Writing clinic for ages 13+

Drawing Clinic - Friday 13 July– 10:00-11:00

Kitty Taylor and Nathan Tucker come together with Launceston PCYC to offer young artists a chance to learn great new skills to develop themselves as artists. Students will learn layout, design, shading and perspective while creating their own magical piece.

3 x 3 Basketball – Clinic with Darreon Tolliver – Wednesday 18 July – 9:30-4:00

USA Basketball player, Darreon Tolliver will lead our young talent through a series of drills and training technique age specific clinics. A huge opportunity to work with an elite and talented professional. Clinics will be offered to

- Under 12s at 9:30
- 12 – 14s at 11:30
- 15 – 18s at 1:30 followed by a 3 x 3 tournament.

Hamster Run – Tuesday 17 July – 2:00 – 4:00

Ever wondered why mice and hamsters enjoy running in circles? Well come and pop one of our mini Zorb balls on and see how far you get in the Hamster Run. Can you win the race without falling? Fun for all ages.

Theatre Skills - Friday 20 July – 10:00 – 2:00

Theatre Skills provides a great mix of games, skill development, and script work. During the morning session, students will develop a sense on ensemble through theatre sports and skill development games, developing their sense of body in time and space. After lunch, students will work through a series of monologues and short group plays before a performance at 2pm.

All session \$10 - Bookings essential. Terms and Conditions apply. Phone 6344 2411, email info@pcyclaunceston.org.au or drop in to 146 Abbott St, Newstead.