

Kids Recreation Programmes



Term 2 - 2022
May 7th- July 2nd

Y-Gymnastics - SATURDAYS

Y-Gymnastics Mini Gym (2 ½ - 4 years)

Saturday 8:45am-9:30am

These classes introduce children to gymnastics in a fun and exciting way. With different apparatus out each lesson, children will build up their fundamental movement skills by balancing across beams, swinging on bars, jumping off boxes and rolling down wedges. Classes have a variety of free time and structure in which children can explore the equipment supported by their caregiver. Each week is a different theme with songs and group warm-ups to help encourage your child's imagination and social skills.

Saturdays
9 classes -
\$130.00

Y-Gymnastics Colours

Orange Class - Age 5-6 years

Saturday 9:45am-10:45am

Blue/Red - Approx. School Age 7+ years

Saturday 10:45am-11:45am

This is a skills based programme, designed to introduce kids of any ability to the sport of gymnastics in a fun and engaging environment. The instructors will teach kids how to roll, handstand, cartwheel and much more! During lessons, children will explore a range of equipment rotating around circuits, spending time on the beams, bars, rings, floor, vaults, and trampoline. Children's progress is tracked through the YMCA colours programme, which they will work through at their own pace. There is opportunity to participate in an annual competition and end of term displays.

Saturdays
9 classes -
\$130.00

Y-Gymnastics Stages

Stages 1,2,3,4, - Age 8 years+

Saturday 12:00pm-1:00pm

Once children have progressed through the YMCA colours programme, they will move onto our stages programme. These are more advanced skills such as dive rolls, round offs and walk overs. Children will rotate around different apparatus circuits including beams, bars, rings, vault and floor. They will spend time developing and perfecting their skills and learning new ones. These classes will give your child a lot of fun and challenges. There is opportunity for children to participate in an annual competition and end of term displays.

Saturdays
9 classes -
\$130.00

Y-Gymnastics Advanced

Saturday 12:00pm-1:00pm - Age 8 years+

This programme is an extension of our colours and stages skills. Children will progress to this class once they have mastered the required techniques; approval from the recreation manager is needed before enrolling into the term. Gymnasts are encouraged to take more responsibility during classes by practicing and extending their skills on the beams, bars, vaults, rings and floor. There is opportunity for children to participate in an annual competition and end of term displays.

Saturdays
9 classes -
\$130.00

Kids Recreation Programmes

Term 2 - 2022

May 4th- June 29th

Y-Basketball Academy - WEDNESDAYS

Level 1 (5-6's) 4:00pm - 4:55pm

Level 2 (7-8's) 5:00pm - 5:55pm

Level 3 (9's) 6:00pm - 6:55pm

Our Basketball Academy teaches ball-handling skills, drills, shooting and aiming, as well as an understanding of the rules of basketball in a non-competitive, fun environment. We aim to create confidence, teamwork and overall fitness of all players. Each week focuses on a different element of the game.

If your child is wanting to join a team that plays in the evenings during the week, please see reception or go online to <https://www.ymcaauckland.org.nz/find-your-local/massey-leisure-centre> and register your interest.

Wednesday
9 classes -
\$130.00

Y-Casual Pass

Not sure which one of our kids recreation programmes is right for you? Casual passes are perfect to try out one of our classes. Purchase a casual pass at reception and present it to the instructor for your trial. A casual pass is valid for one class only. Your child must be booked prior to the class day as it can only be used for classes that are not fully booked.

\$18.00
per class

YMCA Massey Leisure Centre

545 Don Buck Road, Massey

09 833 8100

massey@ymcaauckland.org.nz

