



Essendon Keilor
Gymnastics Academy



HOLIDAY ACTIVITY PROGRAM

Hours

10:00 am - 2:00 pm

Drop off between 10:00 - 10:15am

pick up between 1:45 - 2:00 pm

OPEN TO

EKGA members – any level so long as school age

Cost

\$40 per day

What to bring

Morning tea
A healthy lunch
Water bottle
Socks
Art smock



We will be doing arts/crafts or messy play on days marked with this picture. Please pack an art smock or old shirt to protect your child's clothes.



We will be doing cooking or activities that involve food on days marked with this picture. If your child has any food allergies or dietary requirements please contact us in advance so suitable arrangements can be made.

How to book

Bookings can be made on our website, in person or over the phone.

Payment is required at time of booking.

Ph: 9336 4077

194-196 Roberts Road Airport West 3042

www.ekga.com.au

Email: gymnastics@ekga.com.au










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APRIL HOLIDAY ACTIVITY PROGRAM

BOOK IN FOR ONE DAY OR FOR EVERY DAY!

Monday April 12	FLIP FEST We will be learning to flip (with or without hands) and then we will be flipping some pancakes!	
Tuesday April 13	LET'S ROLL We are going to be rolling down the wedges, around the bar and down a giant mega hill. Then we are going to be rolling into the kitchen and making some chocolate balls.	
Wednesday April 14	LET'S GET CARTWHEELING We are going to see if we can do 1000 cartwheels today! Then when we are too dizzy for more we will do some crafting and make a crazy craft spinner.	
Thursday April 15	BARS BARS BARS! Is your gymnast struggling Pullovers, Back Hip Circles or Toe Shoots? Today we are working towards achieving these skills. After the hard work, we are going to make some awesome tasty snack bars.	
Friday April 16	GET WITH THE FLEX Today is all about getting with the flex. Splits, Bridges, Walkovers, kicks, leaps and more! Then we will bend and stretch some modelling clay to create some crafty creations.	

Every day includes:

Gymnastics
Trampolining
Tumbling
Group games
Free Play

**BOOK
NOW!**

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