



ADVANCE ACADEMY HOLIDAY PROGRAM

School holidays – 26 September to 11 October 2026

Week 1

Time

Program Theme

Monday

9am – 12noon

Tumbling and Acro

Wednesday

9am – 12noon

Parkour fun and obstacle course challenges

Friday

9am – 12noon

Tumbling and Acro

Week 2

Time

Program Theme

Tuesday

9am – 12noon

Parkour fun and obstacle course challenges

Wednesday

3:30pm – 5pm

Rhythmic Gymnastics Workshop

Thursday

9am – 12noon

All things Gymnastics + Tumbling

Friday

9am – 12noon

Tumbling and Acro



Additional information and Pricing

3-hour programs are \$35. Parents/carers can stay and watch or drop off and return to pick up. Bring a drink bottle, nutritious snack and comfortable clothing to move in.

Ready to book!

Phone – 49599333

Email – Admin@advanceacademyofgymnastics.com.au

Book online – advance-academy-of-gymnastics.ud.io



ADVANCE ACADEMY HOLIDAY PROGRAM

Program

Tumbling and Acro



Parkour fun and obstacle
course challenges

All things Gymnastics
+ Tumbling



Gymnastics and rhythmic
tricks



Description

From beginner to advanced skill levels this program has a strong focus to develop and refine essential tumbling skills. Participants will complete drills within their ability to improve their movement with skills such as: cartwheels, handstands, roundoffs, forward and backward rotations etc. These skills are complementary for other sports such as dance and cheer. This one is a crowd favourite so be sure to get in quick

Parkour is a fun alternate approach to gymnastics where children learn to jump over objects, climb, and roll safely. The goal of this program is to provide a safe environment to perform traditional parkour skills on a soft fall environment, rather than as commonly seen outdoors. This class is fast paced and for children that are full of energy! Involving vaulting techniques, floor based 'tricking' skills, and timed obstacle challenges encouraging friendly competition.

Gymnastics is an amazing sport for children! with movement patterns that cross over to any other sport, there is something in it for everyone. This class covers essential skills from the gym sports – Men's and Women Artistic Gymnastics, including movements on apparatus traditional used – including: floor, bars, beam, parallel bars, rings and vault. Though, of course there is time for some fun and games on our tumble trampoline and in foam pit.

Gymnastics is an amazing sport for children! with movement patterns that cross over to any other sport. This program also involves rhythmic skill develop using apparatus: ball, ribbon, hoop and batters. Rhythmic gymnastics involves advance hand eye coordination and flexibility, with elements of ballet. It provides an alternate challenge to other forms of gymnastics.