DGA

Dunedin Gymnastics Academy

SPRING HOLIDAY PROGRAMME

Ideal for tamariki aged **5-14** years old, we welcome tamariki from all backgrounds, so whether you have done gymnastics before or not this is the program for you!

WEEK 1: SEP 28TH-OCT 2ND

WEEK 2: OCT 5TH-OCT 9TH

Book Online
https://dunedingymnastics.co.nz/

Email Us
nyahbdunedingymanstics@gmail.com

Visit Us
6 Otaki Street, Dunedin, 9012

LOCATED AT 6 OTAKI STREET, DUNEDIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:00	DROP OFF				
9:00-9:30	Roll and warm up game				
9:30-10:45	Gymnastics Activities-5 stations x 15 minutes				
10:45-11:00	FREE TIME				
11:00-11:15	MORNING TEA				
11:15-12:45	Circus,Acrobatics,Aerialsand Crafts				
12:45-1:00	FREE TIME/ HALF DAY PICK				
1:00-1:30	LUNCH				
1:30-2:30	Parkour/Ninja Warrior	DGA Olympics	Parachute + Games	Fort building	Escape the gym
2:30-3:00	Show us what you got!				
3:00-3:15	Afternoon Tea				
3:15-3:45	Cool Down Games				
3:45-4:00	PACK UP & PICK UP				

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12:45-1:00	FREE TIME/ HALF DAY PICK				
1:00-1:30	LUNCH				
1:30-2:30	Parkour/Ninja Warrior	DGA Game Show	Ultimate Adventure Course	Pirate Adventure	Build-a-Gym Challenge
2:30-3:00	Show us what you got!				
3:00-3:15	Afternoon Tea				
3:15-3:45	Cool Down Games				
3:45-4:00	PACK UP & PICK UP				