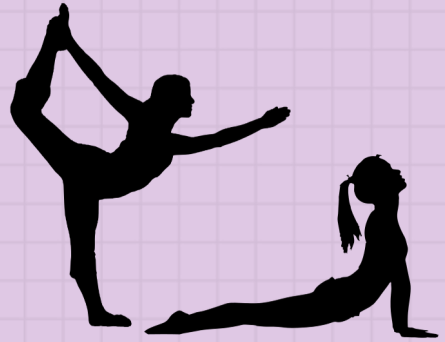




GYMNASTICS & DANCE WORKSHOP



SEPTEMBER 23RD 2024

WHETHER YOUR CHILD LOVES TO DANCE, TUMBLE, OR JUST MOVE TO THE BEAT, THIS PROGRAM OFFERS A PERFECT BLEND OF ACTIVITIES TO KEEP THEM ACTIVE AND ENGAGED ALL DAY LONG.

WHAT'S IN STORE

THE PROGRAM WILL BE FACILITATED BY OUR FULLY QUALIFIED GYMNASTICS TEACHER, ENSURING A SAFE, SUPPORTIVE, AND FUN ENVIRONMENT FOR ALL PARTICIPANTS.

HERE'S WHAT YOUR CHILD CAN LOOK FORWARD TO:

DYNAMIC DANCE SESSIONS: Explore different dance styles, learn new moves, and groove to the music in a fun and energetic atmosphere.

GYMNASTICS FUNDAMENTALS: Build strength, flexibility, and coordination with a focus on basic gymnastics skills, including floor exercises, balance, and correct rolling technique, jumping & landing, and much more.

CREATIVE MOVEMENT: Encourage self-expression and creativity through fun movement activities designed to boost confidence and coordination.

TEAM ACTIVITIES: Engage in group exercises and routines that promote teamwork, cooperation, and social interaction.

END-OF-DAY PERFORMANCE: Kids will have the chance to showcase what they've learned with a fun mini-performance at the end of the day!

WHY

DEVELOP NEW GYMNASTICS SKILLS, MAKE FRIENDS, AND HAVE A BLAST MOOVIN' N GROOVIN' IN A POSITIVE AND ENCOURAGING ENVIRONMENT!

EVENT DETAILS

DATE: MONDAY, 30TH SEPTEMBER
VENUE: MERCY JUNORTOWN SPORTING PRECINCT
TIME: 9:00AM - 4:00PM
COST: \$42
AGES: 5 - 12 YEARS

REGISTER NOW

SPACES ARE LIMITED, SO DON'T MISS OUT!
REGISTER YOUR CHILD TODAY AT
WWW.KELLYSPORTS.COM.AU/BENDIGO TO SECURE
THEIR SPOT FOR A DAY FILLED WITH DANCE,
GYMNASTICS, AND ENDLESS FUN!

CONTACT US:
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