

## VITAL GYMNASTICS

Vital has a strong team of Coaches who have been State, National and Australian representatives either in gymnastics or in other fields of sport.

Together as a team we have produced State and National champions and have won CHAMPION CLUB FOUR TIMES.

Vital runs one of the best recreational programs in the state with the ability to work with children of all abilities and help them achieve their ultimate goals.

### *Vital also offers!*

#### ***Birthday Parties***

Vital offers a great facility for your child and friends to have a safe and organised BIRTHDAY BASH! We will provide you with 2 accredited coaches who will take all the pressure of organising games and free play. All you have to do is supply the food.

Thursday .....During the day  
Sunday .....All day

Cost for 2hrs: \$230.00  
Max Number of Children: 25



#### ***School Holiday programs***

Run during every School Holiday break, Monday to Thursday, from 10 – 1pm. Activities include gymnastics, games, arts & crafts and much more. Drop the kids off at Vital to keep them busy and have a few hours to yourself!! BYO Packed Lunch & Drink Bottle.

Cost: \$25 per child



GYMNASTICS IS **VITAL** FOR YOUR CHILDRENS HEALTH

9204 3183

## VITAL GYMNASTICS

### ***Kindergym (ages 1+)***

This class is a structured class that involves parent participation. During the class we provide facilities in which children, regardless of physical ability can explore and develop their physical skills at their own rate.

Monday .....10:00am – 11:00am (mixed 1 – 4yrs)  
Wednesday .....10:00am – 11:00am (mixed 1 – 4yrs)  
Friday .....10:00am – 11:00am (mixed 1 – 4yrs)

Casual fee: \$7.00

### ***Kindergym (ages 3+)***

This class allows parents to sit back and enjoy watching their children participating in a structured program. Our program is to develop the whole child, socially, emotionally and physically in a safe, structured, multi-sensory environment.

Monday .....11:00am – 12:00pm  
Wednesday .....11:00am – 12:00pm  
.....12:30pm – 1:30pm  
Friday .....11:00am – 12:00pm  
Saturday .....9:00am – 10:00am

Casual fee: \$12.00 .....Term fee: \$112.00 (10 weeks)



## VITAL GYMNASTICS

### ***Beginners (ages 4+)***

This program is based on the 6 Dominant Movement Patterns: Landings, Static, Locomotion, Rotation, Spring and Swing. There are four certificates to achieve which can be achieved at any rate considering the ability of the child. No gymnastics experience required!

Monday .....4:00pm – 5:00pm  
Tuesday .....4:00pm – 5:00pm  
Wednesday .....4:00pm – 5:00pm  
Friday .....4:00pm – 5:00pm  
Saturday .....9:00am – 10:00am

Term Fee: \$112.00 (10 weeks)

### ***Intermediate / Advanced (ages 7+)***

This program gives children a chance to further develop their gymnastics skills. Benefits of the program include gymnasts being given the choice as to whether or not they would like to participate in competitions throughout the year. The gymnasts can come as many days a week as they wish; however, if they choose to compete it would be beneficial for them to come at least two days a week.

Monday .....5:00pm – 7:00pm  
Tuesday .....5:00pm – 6:30pm (boys only)  
Wednesday .....5:00pm – 7:00pm  
Thursday .....4:00pm – 5:30pm  
Saturday .....10:00am – 12:00pm

### ***Adult Class (ages 15+)***

Wednesday .....7:00pm – 9:00pm

Casual fee: \$10.00

- ❖ ALL MEMBERS PARTICIPATING IN CLASSES AT VITAL GYMNASTICS NEED TO BE REGISTERED WITH GYMNASTICS WA.