

**HOWICK  
GYMNASTICS  
SEPT/OCT  
HOLIDAY  
PROGRAMME**

**WEEK ONE**

**COST: \$50.00 PER DAY  
AGES 5+ WELCOME  
NO GYMNASTICS  
EXPERIENCE  
NECESSARY**

**MONDAY**

**30TH SEPTEMBER**

**Arrival Games & Warm Up**

**BEAMS & BARS**

**Sherbet Surprise**

**LUNCH**

**Scavenger Hunt**

**AFTERNOON TEA &  
FREE TIME**

**TUESDAY**

**1ST OCTOBER**

**Arrival Games & Warm Up**

**TRAMPOLINE**

**Codes & Riddles**

**LUNCH**

**Nerf Wars**

**AFTERNOON TEA &  
FREE TIME**

**WEDNESDAY**

**2ND OCTOBER**

**Arrival Games & Warm Up**

**FRONT TUCKS**

**Ninja Warrior Training**

**LUNCH**

**Ninja Warrior Course**

**AFTERNOON TEA &  
FREE TIME**

**THURSDAY**

**3RD OCTOBER**

**Arrival Games & Warm Up**

**WALKOVERS & FLICKS**

**Dream Catcher Crafts**

**LUNCH**

**Amazing Race**

**AFTERNOON TEA &  
FREE TIME**

**FRIDAY**

**4TH OCTOBER**

**Arrival Games & Warm Up**

**CARTWHEELS**

**Toasted Sandwich Making**

**LUNCH**

**Fear Factor**

**AFTERNOON TEA &  
FREE TIME**

**HOWICK  
GYMNASTICS  
SEPT/OCT  
HOLIDAY  
PROGRAMME**

**WEEK TWO**

**COST: \$50.00 PER DAY  
AGES 5+ WELCOME  
NO GYMNASTICS  
EXPERIENCE  
NECESSARY**

**MONDAY**

**7TH OCTOBER**

**Arrival Games & Warm Up**

**WALKOVERS & FLICKS**

**Spy Training**

**LUNCH**

**Team Challenges**

**AFTERNOON TEA &  
FREE TIME**

**TUESDAY**

**8TH OCTOBER**

**Arrival Games & Warm Up**

**ROLLS**

**Smoothie Making**

**LUNCH**

**Minute to Win It**

**AFTERNOON TEA &  
FREE TIME**

**WEDNESDAY**

**9TH OCTOBER**

**Arrival Games & Warm Up**

**CARTWHEELS**

**Wind Chime Craft**

**LUNCH**

**Treasure Hunt**

**AFTERNOON TEA &  
FREE TIME**

**THURSDAY**

**10TH OCTOBER**

**Arrival Games & Warm Up**

**BEAMS & BARS**

**Energy Bar Baking**

**LUNCH**

**Ninja Warrior Course**

**AFTERNOON TEA &  
FREE TIME**

**FRIDAY**

**11TH OCTOBER**

**Arrival Games & Warm Up**

**TRAMPOLINE**

**Marble Track Making**

**LUNCH**

**Nerf Challenges**

**AFTERNOON TEA &  
FREE TIME**