

**\$30 per session  
OR  
Creative Kids  
Voucher can be  
used for all three  
workshops**

If kids are attending more than one workshop they will have supervised free time in the hall between workshops! They will need to bring snacks, lunch, water bottle and a can-do smile.



## **9AM TO 11AM TEAM GYMNASTICS TASTER**

Learn a combination of tumbling, mini tramp, acrobatics skills and dance in a team environment. Teams perform floor, tumbling and vault routines together.

## **11.30AM TO 1.30PM DANCE 'O' DANCE**

We are putting on the ritz with some Jazz and Contemporary style moves. Learn to listen to the music and add movement to the beat as our guest instructors teach you some introductory step by step routines.

# **Goulburn PCYC Workshops**

## **Thursday 19th December**



**CONTACT US:**  
Phone: 4822 2133  
Email:  
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## **2PM TO 4PM FREE G JAM SESSION**

Stunt, Flip and Trick.  
Free G fuses traditional gymnastics and acrobatic tricks with kicks and leaps made famous through martial arts. Get your body moving in ways never thought possible and heighten your sense of spatial awareness. Create your own tricks or practice the ones you learn.



**POLICE CITIZENS  
YOUTH CLUBS NSW**