



# 'LOVE OUR WORLD'

Holiday Program Series pt.1

Welcome to our **brand-new** Holiday Series! We have been working hard behind the scenes creating a very intentional and wholesome experience for our lovely families. We are excited to announce our first release this Spring called **'Love Our World'**.

**'Love Our World'** is all about *BEING the change you wish to see in the world.*

Over 3 days your child will be inspired through education with our special guest – Hollie Newman from The School of Earth Australia, they will also be engaged with practical workshops and DIY activities, Mindfulness Yoga, Gymnastics, Gardening and so much more! Your child will truly explore and learn how they can sustainably build a healthy tomorrow.

## DAY 1 Tuesday 27<sup>th</sup> Sep

You will meet our lovely guest, Hollie Newman! She is an environmental scientist who is incredibly passionate about teaching children about our remarkable planet. The School of Earth Australia supports children in advancing their scientific knowledge and implementing sustainable practices through practical workshops to provide them the tools and motivation to create impactful change.

| Time            | Activity   | Details  |
|-----------------|--|--|
| 8:45-9am        | <b>Drop off time</b>   | <i>Parents drop their kids off and meet the coaches while children mingle and colouring in.</i>  |
| 9:00-9:30am     | <b>Games and Gathering</b>                                     | <i>A structured play run by our coaches to help kids warm up physically and mentally. We will then gather in a circle and do our warm welcoming.</i> |
| 9:30 - 10:15am  | <b>Gymnastics</b>  | <i>A structured gymnastics lesson with our coaches.</i>  |
| 10:15 - 10:45am | <b>Morning Tea</b>   | <i>BYO Small snack break to cure the Hangries.</i>   |
| 10:45 - 12:15pm | <b>Special Guest – Hollie Newman From The School of Earth!</b> | <i>Hands on educational workshop with our environmental scientist</i>  |
| 12:15-12:45pm   | <b>Gymnastics</b>  | <i>A themed and intentional lesson with our coaches to move the body to help our mind process information just learnt.</i>                           |
| 12:45 - 1:15pm  | <b>Lunch</b>   | <i>BYO lunch</i>   |
| 1:15-2:00pm     | <b>Yoga</b>  | <i>Germination – What do you need to grow and what can you grow into?</i>  |

|             |                                       |  |
|-------------|---------------------------------------|--|
| 2:00-3:00pm | <b>Creating the world you live in</b> | <i>Practical down time activity</i>  |
| 3:00-3:15pm | <b>Pick up time</b>                   | <i>Parents arrive to pick up their children and opportunity to talk to coaches</i> |

## **DAY 2 Wednesday 28<sup>th</sup> Sep**

It's Gardening Day! So much to learn in our gardening day from planting a seed, how to take care of your baby flower to, creating a pot for it to live in to, making our very own DIY watering can!

| <b>Time</b>     | <b>Activity</b>               | <b>Details</b>   |
|-----------------|-------------------------------|--|
| 8:45-9am        | <b>Drop off time</b>          | <i>Parents drop their kids off and meet the coaches while children mingle and colouring in.</i>  |
| 9:00-9:30am     | <b>Games and Gathering.</b>   | <i>A structured play run by our coaches to help kids warm up physically and mentally. We will then gather in a circle and do our warm welcoming.</i> |
| 9:30 - 10:15am  | <b>Gymnastics</b>             | <i>A structured gymnastics lesson with our coaches.</i>  |
| 10:15 - 10:45am | <b>Morning Tea</b>            | <i>BYO Small snack break to cure the Hangries.</i>   |
| 10:45 - 12:15pm | <b>Gardening green thumbs</b> | <i>Painting pots, planting seeds and DIY watering cans</i>   |
| 12:15-12:45pm   | <b>Gymnastics</b>             | <i>A themed and intentional lesson with our coaches to move the body to help our mind process information just learnt.</i>                           |
| 12:45 - 1:15pm  | <b>Lunch</b>                  | <i>BYO lunch</i>   |
| 1:15-2:00pm     | <b>Yoga</b>                   | <i>Grounding and growing strong</i>  |
| 2:00-3:00pm     | <b>Balance of life</b>        | <i>Practical down time activity</i>  |
| 3:00-3:15pm     | <b>Pick up time</b>           | <i>Parents arrive to pick up their children and opportunity to talk to coaches</i>   |

### DAY 3 Thursday 29<sup>th</sup> Sep

The G21 swap 'n' shop is here! For every pre-loved item your child brings, they get a ticket. We will then lay out all the items in our 'shop' and the children can use their tickets to purchase a new pre-loved item. The more items the more tickets they can use. Also, a great excuse to finally get that wardrobe clean! Recycling and re-using at it's finest!

| Time            | Activity                    | Details   |
|-----------------|-----------------------------|---|
| 8:45-9am        | <b>Drop off time</b>        | <i>Parents drop their kids off and meet the coaches while children mingle and colouring in.</i>   |
| 9:00-9:30am     | <b>Games and Gathering.</b> | <i>A structured play run by our coaches to help kids warm up physically and mentally. We will then gather in a circle and do our warm welcoming.</i>  |
| 9:30 - 10:15am  | <b>Gymnastics</b>           | <i>A structured gymnastics lesson with our coaches.</i>   |
| 10:15 - 10:45am | <b>Morning Tea</b>          | <i>BYO Small snack break to cure the Hangries.</i>  |
| 10:45 - 12:15pm | <b>Swap 'n' Shop</b>        | <i>For every pre-loved item your child brings, they get a ticket. We will then lay out all the items in our 'shop' and the children can use their tickets to purchase a new pre-loved item.</i> |
| 12:15-12:45pm   | <b>Gymnastics</b>           | <i>A themed and intentional lesson with our coaches to move the body to help our mind process information just learnt.</i>  |
| 12:45 - 1:15pm  | <b>Lunch</b>                | <i>BYO lunch</i>  |
| 1:15-2:00pm     | <b>Yoga</b>                 | <i>Harvest time!</i>  |
| 2:00-3:00pm     | <b>Metamorphosis</b>        | <i>Practical down time activity</i>   |
| 3:00-3:15pm     | <b>Pick up time</b>         | <i>Parents arrive to pick up their children and opportunity to talk to coaches</i>  |

### Costs

One day is \$70

Any two days is \$140

ALL 3 days is \$190 *(a saving of \$50!)*

\*Payment is required upon booking



### **What to Wear and Bring:**

Water bottle and packed food for breaks\*

Comfy, stretchy clothes

Hair tied back

No socks, no jewellery, no denim, skirts or buckles

And of course a big smile 😊

**\*PLEASE LET US KNOW OF ANY ALLERGIES PRIOR TO THE EVENT**

### **Pick up and Drop off:**

Parents must physically be at the gym during pick up and drop off times. We will not allow children to wander without their parent or guardian.

### **How to book:**

Book online through our [website](#) or alternatively you can send us an email and we can book it in for you!

### **Need to contact us?**

**Email:** [g.2.1@outlook.com](mailto:g.2.1@outlook.com)

**Ph:** 0421506775

**Website:** <https://www.gymnastics21.com.au/>

**Location:** Thornton Pat Hughes Hall – 1 Taylor Ave, Thornton NSW 2322  
(Located next to Thornton Library)