



**THE Y  
ALICE  
SPRINGS**

# For Schools

## About Us



Here at the Y, “we believe in the power of inspired young people”.

With this as our core value, we have begun to introduce and adapt a couple of different spaces, programs and classes that better cater towards a physical education class run within schools.

Below we have included some additional information surrounding the different programs we have on offer for your school. It would be great to see this collaboration occur between Alice Springs schools and The Y Kilgariff Recreational Centre!

If you were interest in any of the below or wish to gain more information regarding any of the listed information, please don't hesitate to reach out and contact the centre.

Kind Regards,

Caitlin

Program Coordinator



[krc.reception@ynt.org.au](mailto:krc.reception@ynt.org.au)



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## Stadium Sports

Our indoor stadium can be used for multiple activities to keep students entertained and active. Available activities include:

- Table Tennis
- Dodgeball
- Volleyball
- Futsal/ Soccer
- Basketball
- Cricket

Prices:

Stadium Hire: \$80 per hour

Entry fee: \$2 per hour

**We are excited to announce that we have wheelchairs available for hire included in the pricing**





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## Rock wall Climbing

Indoor Rockwall is fun, social activity with climbs for all ages and abilities. Rock Climbing is an exciting and challenging sport to enjoy for the children. It builds strength, fitness, endurance, balance, flexibility and confidence whilst scaling one of our fantastic climbs.

All equipment and training is provided, no prior experience is necessary, suitable for ages 5+. All sessions are supervised by YMCA staff.

Prices: 90 minute session: \$15 per student (minimum 10 students)\*

\*Price includes instructor, facility, equipment and entry.





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## Bubble Soccer

Bubble Soccer is an activity that promotes physical play and gets those gross motor skills working. Students just have to jump into one of our bubble suits and let the ultimate fun begin!

Prices: 90 minute session: \$15 per student  
(minimum 10 students)\*

\*Price includes instructor, facility, equipment and entry.



## Group Fitness Classes

At the Y we have a range of group fitness classes that can be tailored to your needs. It can be used as part of your PE programs or simply as a fun and different activity for the students.

Our group classes include: RPM, body balance, body pump (16+), body attack, body step, sprint, core, dance, and barre.

Prices: \$50 per 1 hour session  
<https://krc.ymca.org.au/gym/group-fitness>





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For all other bookings or enquiries,  
please contact us:

[krc.reception@ynt.org.au](mailto:krc.reception@ynt.org.au)

8952 5666

We do have a cafe available at our centre!

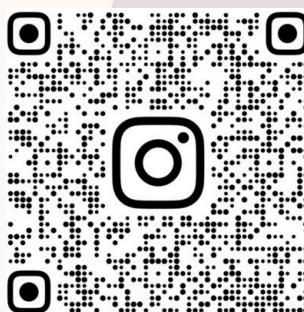
# THE Y CAFE

## TRADING HOURS

MONDAY TO FRIDAY

**7.30AM - 11.30AM  
4PM - 7PM**

**TO MAKE A  
PHONE ORDER  
CALL 0483 237 354**



@THE\_Y\_CAFE