

Playgym

Over the Spring school holidays Balance Gymnastics and Fitness Centre will be running play gym sessions.

Play gym involves active discovery playtime for children aged 18 months-6 years of age. Children are free to climb, jump, roll, balance, hang and slide down and around our fully set up gym. Our qualified staff will be on the floor however, we do ask that parents supervise their own children at all times.

Tuesday, 21 September: 11.00am – 1.00pm

Thursday 23 September: 11.00am – 1.00pm

Monday, 27 September: 11.00am – 1.00pm

Tuesday, 28 September: 11.00am – 1.00pm

Thursday, 30 September: 11.00am – 1.00pm

Cash preferred: \$8.00 per child, \$15 for 2 children. No bookings required for play gym sessions.



Trampolining

This is a structured session for school aged children consisting of free play, games and trampolining. The children have the opportunity to use all the trampolines, landing mats, and the two HUGE foam pits! No experience required. The sessions will give the children a unique opportunity to work with our head coach, Serghei.

Tuesday, 21 September: 1.00 - 3.00pm

Thursday, 23 September: 1.00 - 3.00pm

Tuesday, 28 September: 1.00 - 3.00pm

Thursday, 30 September: 1.00 - 3.00pm

Cost (Cash preferred): \$15 per day per child for Balance members, \$20 per day per child for non-members, 5% family discount applies.

Bookings close: Sunday 12th September



Twisters

This is a structured session for high school aged children consisting of free play, games and trampolining. It is designed to develop twisting, flipping, saulting, core body strength, flexibility and spatial awareness. The children have the opportunity to use all the trampolines, landing mats, and the two HUGE foam pits! No experience required. The sessions will give the children a unique opportunity to work with our head coach, Serghei.

Wednesday, 22 September: 5.30 - 7.30pm

Friday, 24 September: 5.30 - 7.30pm

Wednesday, 29 September: 5.30 - 7.30pm

Friday, 1 October: 5.30 - 7.30pm

Cost (Cash preferred): \$15 per day per child for Balance members, \$20 per day per child for non-members, 5% family discount applies.

Bookings close: Sunday 12th September

Balance Gymnastics & Fitness Centre

11 Candlebark Court,

Ph: 03 9437 0777

Fax: 03 9437 0666

admin@balancegymnastics.com.au