

Times 2017

Playgym runs;

Monday	11am - 12.30pm
Tuesday	11am - 12.30pm
Thursday	11am - 12.30pm
Friday	11.30 - 1.00pm

During the school holidays these times do vary in accordance with other holiday programs. Classes do not run on public holidays.

Playgym is charged per session attended;

\$8.00 for 1 child,

\$15.00 for 2 siblings and

\$20.00 for 3 siblings per session

Please adhere to parking rules and regulations. Please do not park in the neighbouring car parks.



Balance Gymnastics

11 Candlebark Court, Research 3095

Phone: 9437 0777

Fax: 9437 0666

admin@balancegymnastics.com.au

www.balancegymnastics.com.au



Playgym

Playgym is a free play session for pre-school children aged 18 months to 6 year olds. It gives children an opportunity to be active in a safe and fun environment. It is based on the successful Gymnastics Australia program for Kindergym emphasizing free play and exploration in an stimulating gymnastics environment. They are free to climb, jump, roll, balance, hang and slide whilst enjoying all the challenges that the gym has to offer. The activities in the gym will differ between sessions to challenge, motivate and capture the interest and imaginations of the children.



Playgym is a great opportunity to spend some quality time with your child and we do ask that you supervise your own children at all times. A balance staff member will be on the floor if you need any assistance.

Play is a vital component of a child's development, and has been shown to be directly correlated to being successful once commencing at school. It is also the primary mode by which they learn about their bodies and its movement capabilities. It also serves as an important facilitator of cognitive thinking in the young child, as well as an important means of developing fine motor and gross motor skills. This is also a wonderful opportunity for parent group activities, and there is room upstairs for a snack and a hot drink during the session.