

Times 2021

Playgym runs;

Monday	11am - 12.30pm
Tuesday	11am - 12.30pm
Wednesday	11am - 12.30pm
Friday	11am - 12.30pm

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;

\$10.00 for 1 child,

\$19.00 for 2 siblings and

\$27.00 for 3 siblings per session



Balance Gymnastics

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Playgym

Playgym is a free play session for pre-school children aged 18 month 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 a 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.