

Preschool Gymnastics/Adaptive/"Have a Go"



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Adaptive
Gymnastics
9.30am to 10.15am

BabyGym
9.30 to 10.15am

BabyGym
8.00 to
8.45am

PlayGym
8.00 to
8.45am

Adaptive Gymnastics
9.00 to 9.45am

Available for
School/Preschool
Bookings
10.30am to 1.30pm

PlayGym
10.15 to 11.00am

PlayGymPlus
9.00 to 10.00am

BabyGym
10.00 to
10.45am

PlayGym
10.00 to
10.45am

PlayGymPlus
10.45 to 11.45 am

PlayGym
10.15 to 11.00am

Casual Preschool
(1 to 5 years)
10.00 to 11.00am

PlayGymPlus
11.00am to 12.00pm

PlayGymPlus
12.30pm to 1.30pm

Adaptive
Gymnastics
2.00pm to 2.45pm

Adaptive
Gymnastics
2.00pm to 2.45pm

Adaptive
Gymnastics
2.00pm to 2.45pm

Adaptive
Gymnastics
2.00pm to 2.45pm

Adaptive
Gymnastics
2.00pm to 2.45pm

Adaptive
Trampoline
3.45pm to 4.30pm

Adaptive
Trampoline
3.45pm to 4.15pm

Adaptive
Trampoline
3.30pm to 4.00pm

"Have a Go"
ADULT S
8.00 to 9.30pm

Have a Go Preschool (1 to 5 year olds) This class is open to anyone from 1-5 years old. It is a supervised freeplay session with a group warmup and cooldown. A coach is on the floor to advise and assist.

BabyGym (1 to 2.5 year olds) Parent and Child Class. Child should be walking on their own and parents to remain close to child.

PlayGym (2.5 to 5 year olds) Parent and Child Cass, parents to be involved in the class and remain close.

PlayGymPlus (3.5 to 5 year olds) Parents are requested to be on the floor but do not need to be as hands on. Your child is working towards their independent learning before transitioning to 5 to 7 year old classes with no parent assistance.

Adult Gym - A class for adults who have done gym previously or are new to gymnastics. The coaches will help with all levels so you can work at your own pace.

Adaptive Gymnastics (All Ages)
Allows children and adults of all disabilities to participate in the sport of gymnastics. We provide opportunities to foster and develop cognition, motor skills, self-esteem and social skills. A support person may be required.