

# Preschool Gymnastics/Adaptive/"Have a Go"



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>PlayGym 10.15 to 11.00am</p> <p>PlayGymPlus 11.00am to 12.00pm</p>	<p>PlayGym 10.30 to 11.15am</p> <p>PlayGymPlus 12.30pm to 1.30pm</p>	<p>Available for School/Preschool Bookings 9.00am to 2.00pm</p> <p>Adaptive Gymnastics 2.00pm to 2.45pm</p>	<p>Available for School/Preschool Bookings 9.00am to 2.30pm</p> <p>"Have a Go" ADULTS 8.15 to 9.30pm</p>	<p>BabyGym 9.30 to 10.15am</p> <p>PlayGym 10.15 to 11.00am</p> <p>PlayGymPlus 11.00am to 12.00pm</p>	<p>BabyGym 8.00 to 8.45am</p> <p>PlayGym 8.00 to 8.45am</p> <p>PlayGymPlus 9.00 to 10.00am</p>	<p>Adaptive Gymnastics 9.00 to 9.45am</p> <p>BabyGym 10.00 to 10.45am</p> <p>PlayGym 10.00 to 10.45am</p> <p>PlayGymPlus 10.45 to 11.45 am</p> <p>PlayGym 10.45 to 11.30am</p>
<p>Adaptive Trampoline 3.45pm to 4.30pm</p>	<p>Adaptive Trampoline 3.45pm to 4.15pm</p>					

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 Class, 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.