



## Caregivers and Children

Babies are born explorers, and as a caregiver you are their first guide. That is why carer's participate right alongside of the little ones in all of our Caregiver and Child classes. Right from the start, our fun-filled classes are packed with activities that develop fine and gross motor skills, physical fitness and early social skills, all in an environment loaded with songs, smiles, bright colours, hand clapping and plenty of encouragement. Using creative play and nurturing instruction, young toddlers are introduced to the magic of movement in gymnastics. Age appropriate activities and a loosely structured class environment provide both the carers and the children with the freedom to explore and enjoy movement individually. Classes build a strong foundation for children to develop a sense of athletic achievement, self-esteem and social skills that will last a lifetime! The classes are for children aged from 18 months to 3 years, and last for one hour, with carer participation required.



### **Morning Classes**

**Monday – Friday**                    **9.30 – 10.30am**  
    **10.45 – 11.45am**

**If you would like to join our gym, please contact us directly either by email [nswacgym@bigpond.net.au](mailto:nswacgym@bigpond.net.au) or by calling the office 9525 6202, the gym 9526 1950 or mobile 0408 497 779.**