



Qualified  
KinderGym  
& Gymnastic  
coaches

Seacliff Community Recreation Association Inc

# Seacliff Pre-Gym

**Program for 4-5 year olds**  
Seacliff Recreation Centre  
Yacca Road, Seacliff

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**[www.seacliffkindergym.gymnastics.org.au](http://www.seacliffkindergym.gymnastics.org.au)**





# Pre-Gym

Seacliff Pre-Gym teaches strength, flexibility, agility, confidence, balance & allows your child to interact with other children in a structured social environment. Your child will learn to swing on a bar, kick to a handstand, jump on a trampoline, climb a rope, balance on a beam & practise their ball skills; these are challenging & fun activities that develop a multitude of physical benefits, which provide a solid foundation for any sport. Seacliff Pre-Gym also offers cognitive benefits. When your child is engaging in these activities, they are exercising their brain as well as their body.

**Seacliff Pre-Gym is  
conducted by qualified  
KinderGym/Gymnastic coaches.**

Sessions run for 1 hour during school terms & are suitable for children aged 4-5 yrs.  
We cater for children with special needs.

**SESSION TIME:  
FRIDAY 11am til 12noon**