

QUALIFIED
KinderGym coaches



Bookings essential
call 0432 874 532

or the centre on 8296 4995

Seacliff Recreation Centre Yacca Road Seacliff

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www.seacliffkindergym.com.au

follow us on
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Seacliff KinderGym

is a KinderGym Australia Program Provider which encourages your child to develop physically, socially, emotionally and cognitively. It is a multi-movement program where children learn to move and move to learn. We use music to encourage cross patterning, exercising the brain and an extensive variety of stimulating sensory equipment to challenge your child. We provide the foundations for a lifetime of positive attitudes towards physical activity and help to prepare your child for Kindergarten, School and sports.

KinderGym offers

BabyGym (0-18 months) – the opportunity to explore and develop your baby's physical and cognitive skills in a fun environment at their own rate.

KinderGym (1-5 years) – empowers your child with the skills and confidence to hang and swing, spin, balance, skip, climb, throw, crawl and jump.

KinderGym Plus (3-4 years) – an extension of the KinderGym program for children who like to be challenged.

Pre-Gym (4-5 years) – a structured programme – a solid foundation for all sports.

Explore-Ability - (1-5 years) - a smaller supportive session for children who may have sensory or gross motor challenges or developmental delays.

All Seacliff KinderGym programs are conducted by qualified KinderGym coaches.



Session timetable

BabyGym - Monday, Tuesday & Thursday at 12 pm

KinderGym - Monday, Tuesday, Wednesday & Thursday - 9, 10 & 11 am. Friday - 9 & 10 am

KinderGym Plus - Monday, Tuesday & Thursday at 1.15 pm

Pre-Gym - Friday at 11 am

Explore-Ability - Wednesday at 2 pm