

Secure your spot today!



A movement based learning experience for young children and their caregivers

Pre-Gym program for 4 - 5 year olds

...learn to move



move to learn...

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.



Session time :

FRIDAY - 11am til 12 noon

**Bookings are essential
please email**

admin@seacliffkindergym.com.au

Check out our website :

seacliffkindergym.com.au



Seacliff Recreation Centre Yacca Road Seacliff

Phone: 8296 4995 Mobile: 0432 874 532

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