

**PLEASE NOTE:** This class will be billed as a casual class and payment is required prior to class starting.



## Kindergym Free Play Program

**4 months – 5 Years**

**Active parent/carer participation is required for this class.**

Play is essential to child development because it contributes to all individuals' cognitive, physical, social, and emotional well-being. But with all of the strictly scheduled lives kids often live these days, some are left without any real time to just explore their limits safely and discover new things through play. At Little Steps Kindergym, we believe that child development through physical literacy is of the utmost importance for every individual to thrive throughout their life.

Opportunities that Gymnastics Free Play sessions provide, allow young children to use their creative power and develop their imagination. It also encourages them to interact with and explore the world around them whilst they are enhancing their learning readiness, learning behaviour, and problem-solving skills. It is a fun way to practice self-regulation, build decision-making skills and experience social interactions so they learn to share and resolve conflicts. It is a full body-and-mind experience.

During one of our Free Play sessions, your child will experience a new and exciting set-up each week specially designed by qualified Early Childhood professional coaches. This includes gymnastics apparatus and equipment so they can swing, climb, balance and jump, soft play to inspire exploration of their bodies in a safe environment and themed quiet time play activities that encourage fine motor and cognitive development.

Free play sessions are supervised by our Early Childhood Professional coaches to ensure the safety of all participants. To reinforce this safety, especially in our young children, full parent or guardian-lead participation is required for each athlete and must be within reaching distance whilst participating.

### 2024 SCGA Kindergym Operating Terms

Term 1 – 11 Week Term	Term 2 – 10 Week Term	Term 3 – 10 Week Term	Term 4 – 10 Week Term
Mon 29th Jan – Sat 13th Apr	Mon 29th Apr – Sat 6th Jul	Mon 22nd Jul – Sat 28th Sep	Mon 14th Oct – Sat 21st Dec

### Weekly Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
X	X	X	9:30am – 10:30am	X

(SCGA GFA Programs do not run during the school holidays or on public holidays)

**PLEASE NOTE: Fees for 2024 will have a half yearly increase from the 1st of July.**

#### Term Fees and Charges:

12 month Annual Registration Fee  
- \$70 (Jan to Dec) for active and casual enrollments

#### January to June 2024 Fees

**1<sup>st</sup> Class FREE TRIAL**  
Casual Enrollments - \$11 per session

#### July to December 2024 Fees

**1<sup>st</sup> Class FREE TRIAL**  
Casual Enrollments - \$12.50 per session

#### Bookings:

Bookings are essential for all programs, please contact the reception on 42275722 to confirm your booking or further information on programs or pricing.