

## Costs

Annual insurance & registration fee per child for all classes \$57

### Session Fees

- Baby Gym \$8.00 1<sup>st</sup> child/ \$7.50 2<sup>nd</sup> or more\*
- Kinder-gym \$9.00 1<sup>st</sup> child/ / \$8.50 2<sup>nd</sup> or more\*  
\*pay for the term and receive one session free
- Gym for All \$12.50 per 1hr class#  
\$19.00 per 1.5hr class#  
#bookings payable on a term basis ONLY

## Class Days & Times

Babygym	Tuesday 9–9.45am
Kindergym	Tuesday 10–10.45am (1-3yrs)
	Tuesday 10.45–11.30am (3-5years)
	Thursday 10–10.45am (1-3yrs)
	Thursday 10.45–11.30am (3-5years)
Gym for All	Tuesday 4–5pm Gym Fun (5-8years)
	Thursday 4–5pm Gym Fun (5-8years)
	Thursday 5–6.30pm Gym Skills (9-12years)
	Thursday 6.30–7.30pm Boys (8years+)

## You may also be interested in...

### Learn To Swim & Swim Coaching

Kiama Leisure Centre offers a range of Swim Coaching & Learn-to-Swim classes for babies, pre-school age, school age and mini squads and adults. See reception for more details.

### Children's Parties At Kiama Leisure Centre

The Kiama Leisure Centre offers you a fun and fitness filled way to celebrate your child's birthday.

If you are interested in organising either a Pool Party or a Gym Fun Party for your child, please ask staff at reception for our 'Parties' brochure.

## Centre Opening Hours

Monday to Thursday | 5.45am-9pm  
Friday | 5.45am-7pm [Gym only open til 8pm]  
Saturday | 7am-5.30pm  
Sunday | 9am-5.30pm  
Public Holidays | 9am-4pm  
Closed Christmas Day, Good Friday & Anzac Day

## Kids Corner

Child minding is available in Kids Corner while you enjoy a class, workout, pool, spa or sauna.  
See the Kids Corner brochure for costs & session times.



## Contact Us

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Kiama Leisure Centre



KIAMA MUNICIPAL COUNCIL  
your council, your community

Updated 1/7/18

# Gym for all

Babygym, Kindergym, Gym Fun & Gym Skills  
Environments for babies & children from  
6months to 12 years to explore and  
develop physical potential



## About Babygym

### What is Babygym?

Baby Gym is an active play group for babies (crawlers & pre-crawlers) 6 to 15 months.

It is a movement program aimed at stimulating the sensory system and developing the whole child, socially, emotionally, cognitively and physically in a fun and nurturing, safe and friendly environment.

### Who Is Babygym For?

Baby gym is for crawlers & pre-crawlers aged 6-15 months

Our program includes gentle exercise, massage and an opportunity for quality time with your baby.

### Why is Babygym worthwhile?

It gives babies the opportunity to explore and develop their physical skills in a fun environment at their own rate. It also allows for interaction with other parents and babies.

Babies learn to be more efficient in using their bodies while enhancing their readiness for learning, rolling, crawling and walking.

They balance on beams, climb steps and ladders, crawl up ramps and through tunnels, roll down wedges and much much more. Baby will love it!

Baby Gym channels energy appropriately, and increases your babies confidence in their abilities and in trying new activities. Babies are stimulated to attempt, by observing other babies in action.

### About the Program...

Classes are 45min duration. During this time, your role, as a parent or caregiver, will be to encourage and support your baby.

### What to bring...

Please bring a bunny rug or towel and drinking water

## About Kindergym

### What is Kindergym?

Kinder Gym is a movement based program, where children are given opportunities to explore and develop their physical potential before going to school. It is a place to practice and make new friends.

Kinder Gym is a play environment, which stimulates children to use various motor functions to roll, climb, throw, glide, kick, crawl, hop, jump and swing.

Kinder Gym is a program to develop independence through self-selected activities. Children are under no pressure to complete or conform.

### Who Is Kindergym For?

Any young child from 1 year to 5 years, accompanied by a parent or caregiver.

The Kindergym environment also caters for children with special needs.

### Why is Kindergym worthwhile?

Kindergym lets parents share rather than direct, so real benefits come from the child's self initiated play rather than an adult directed play.

It gives children the opportunity to explore and develop their physical skills in a fun environment at their own rate. Children learn to be more efficient in using their bodies while enhancing their readiness for learning. They balance on beams, climb ladders, crawl up ramps, jump through hoops, roll along scooter boards. Children love it.

Kinder Gym channels energy appropriately, and increases the child's confidence in their abilities and in trying new activities. Children are stimulated to attempt, by observing other children in action.

### About the Program

Classes are 45min duration. During this time, your role, as a parent or caregiver, will be to encourage and support your child.

### What to bring...

Please bring drinking water for both you & you child, and comfortable clothing that won't restrict your movement.

## About Gym for All

### What is Gym for All?

The Gym for All programs include an introduction to gymnastics, and incorporate other types of gym including acrobatics, cheerleading and rhythmical.

Gym for All is for is for two age groups for:

- Gym Fun (5-8years) 1 hour
- Gym Skills (9-12years) 1.5hrs
- Boys (8yrs+) 1 hr

### What your child will need:

- Leotard, or bike pants/ t-shirt, crop top or singlet top ( No loose clothing),
- no shoes are required
- Hair tied back
- Drink bottle

### General:

- Parents/Carers must take their child into the sports hall and mark their name off the role
- The equipment is not to be used until the class has commenced
- Children are not to leave the sports hall unless accompanied by a parent/ carer or granted permission from an Instructor
- Parents/Carers must collect their child at the end of the lesson from the sports hall
- Parents/carers are invited to watch, but must be seated in the viewing area above the courts.
- Parents/Carers may leave the Centre while their child participates in this program, but please ensure you are contactable during this time and return to the centre for pick-up at least five(5) minutes before the end of the session.
- No child/children are to be playing on the other court while classes are in progress
- Missed lessons - Credits will only be given for medical reasons and prior notification ( Dr certificate must be presented)