



# BabyGym

## Give your little one the development they deserve



BabyGym is all about providing children with a strong foundation for their critical early years.

The program focuses on vital movement opportunities that link with a child's brain development and coordination skills, and guide them to explore through sight, sound, smell, touch, and movement.

Parents play a large part in BabyGym, as it is their job to facilitate these movement opportunities through support, manipulation, and safe spotting.

Movement opportunities are based off the key ages and stages, and what your child will be able to physically do at these different stages of their development.

BabyGym is suitable for children aged 4 to 18 months old.

Want to get involved? View our timetable below:

<b>Monday</b>	-
<b>Tuesday</b>	9.00-9.30am
<b>Wednesday</b>	-
<b>Thursday</b>	-
<b>Friday</b>	-
<b>Saturday</b>	-