



Kindergym at Canberra City Gymnastics Club

Our Kindergym program is based around developing foundational gymnastics for children from 18 months to 5 years old. It's the perfect activity to will help your child build strength, co-ordination, balance, flexibility and confidence in a fun and safe environment with Gymnastics Australia accredited coaches. Classes are theme based with the theme changing each fortnight to keep the classes exciting and entertaining for all children.

Our "big person" assisted classes are perfect for parents, carers, grandparents, aunts, uncles or any other meaningful adult in the child's life to spend some quality time to bond with the child. Come along with some friends, or make new ones! It's a fun, social activity that everyone can participate in!



Our unassisted classes held at our Lyneham venue in the afternoons are perfect for the more independent pre-schooler. With a maximum of 8 gymnasts in each class, they will not only reap the benefits of our Kindergym program, but also learn how to independently move around the gym with other groups practicing and build up the confidence to execute skills on their own.



Our specially trained coaches ensure that all classes and activities are safe and age appropriate, while still being challenging and helping the gymnasts to push their own abilities.

For more information, or to book in for a free trial, call our office on 6251 1131. Prices quoted are for a 10-week term on weekdays/Saturdays and for one session per week. For more accurate quotes, please contact our office. Days and times are subject to availability.

Belconnen Venue Timetable (85 Chandler St, Belconnen, ACT, 2617)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GymPlay (18mo-3yrs) \$235/\$260	9:30-10:20			9:30-10:20	9:30-10:20	8:20-9:10
Junior Beginner (4-5yrs) \$260/\$285	10:30-11:30			10:30-11:30	10:30-11:30	8:20-9:20
Combined (18mo+) \$260/\$285		9:30-10:30	9:30-10:30			

Lyneham Venue Timetable (196 Mouat St, Lyneham, ACT, 2602)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GymPlay (18mo-3yrs) \$235/\$260						8:50-9:40
Junior Beginner (4-5yrs) \$260/\$285		4:00-5:00 (unassisted)	4:00-5:00 (unassisted)	4:00-5:00 (unassisted)		8:50-9:50
Combined Ages (18mo+) \$260/\$285	11:00-12:00			11:00-12:00	11:00-12:00	