



# Under 5's Activities

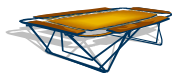


## Crazy Crawlers



Crazy Crawlers is specifically designed to meet the individual needs of crawling babies. The weekly classes begin and end with teacher led songs, stories, and actions done as a group to encourage your crawlers social, cognitive and physical development. The classes also include time for your active crawler to explore and discover what their newly mobile bodies can do. They explore a safe play environment that encourages discovery, balance and coordination.

Parents enjoy watching and learning about how their child interacts with others and the world around them, while also learning lots of songs and activities to take home to further stimulate their crawler's body/mind!



## Kindy Tramp

This 45 minute class is a great introduction to trampolining as a sport. Teaching our young children to learn the essential trampolining skills up to and including level 1 routine's in a safe and controlled environment.

The focus is on enjoyment, whilst learning the essential safety skills in order to pass a level 1 certificate..

Due to the age of the Children parents are essential as safety spotters. Skills such as, seat drops, tummy drops, back drops and begin level 1 and 2 routines.

The children will also learn skills on the Double Mini Trampoline as a sport in it's own right.



## Micro Pulse Dances

Under 5's now have there very own Micro Pulse Blue Light Disco. Held 2<sup>nd</sup> Saturday of March, June, September and December from 4p to 5.30p. Children will dance & play to all their favourite songs as well as a few favourites from the 80's for mum and dad. Great prizes will be offer, as well as a jumping castle. Check the website for full details.

## Wonky Walkers

Wonky Walkers is specifically designed to meet the individual needs of walking Toddlers. As it may be getting harder to entertain your active toddler; the weekly classes begin and end with teacher led hi-energy activities, including songs, actions, stories, and rhymes that meet your toddler's high social, cognitive, and physical needs.

The classes also include time for your active Toddler to discover how their walking legs can be challenged as they explore their own balance and coordination abilities. Parents enjoy watching and learning how their child interacts with others and the world around them, while also learning lots of songs and activities to take home to further stimulate their toddler's body and mind!



## Mini Scramblers

Mini Scramblers is a 45 minute class designed for families with children aged 2-3 yrs. The class gives toddlers & their carers an opportunity to play, sing & dance together.

Each class has a theme and incorporates a warm up, exploration and cool down sections which include dance, rhymes, finger plays and an introduction to simple gymnastic movement patterns and skills.



## Gym Scramblers

Structured 45 minute classes provides a great progression from their basic gymnastic skills learnt in Kindy Scramblers with an opportunity for children to use & develop their social & listening skills in a group.

The children work in a class of up to 10 Children per instructor, focusing on their physical potential in a fun, safe and challenging environment. It's a great introduction to pre-school games, hand-stands, flexibility skills & gymnastics.

Entry into the class in through assessment or invitation only as parents are present but not assisting.



## Looney Tunes

Looney Tunes is an interactive, fun, and educational music and movement class designed for 2-5 year olds.

This class is very social and also promotes the child's listening skills, and self confidence as the children become proficient in the activities programmed for each term.

The Looney Tune class includes songs, percussion instruments, finger plays, action songs, stories, and dancing that is designed to support the physical, social and language development, essential within this age group.

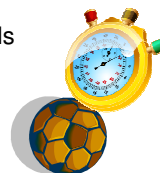
The class is essential for this age group in preparing your child for the structure and play-based learning that they will be exposed to at school.



## Kindy Scramblers

Our structured 45 minute kindy scrambles classes provide opportunities for children to explore and develop their physical potential in a fun, safe and challenging environment.

The equipment used is designed to assist children from 3-5 yrs at their own pace in motor skills such as climbing, balancing, hanging, rolling and swinging. Its also aims to assist in promoting social and listening skills though group activities.



## Sporty Tikes

Designed to introduce children to games played at school. The aim is to develop the children's confidence in sports, in a fun-team building environment. The Instructor has a group of up to 15, 3-5 years olds per 45 minute class.

It's a great class, using balls of all sizes and shapes, throwing, catching, balancing and learning to be part of a team. Developing children's confidence and independence in games/activities/sports played at school.

Parents need to remain present during the class, as your assistance may be needed to further your childs capabilities.