

WHAT IS BABY GYM?

Baby Gym is an active play group for babies 5 to 18 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 BABY GYM FOR?

At Baby Gym is for babies 5 to 15 months ..

WHAT TO BRING TO BABY GYM?

Please bring a drink of water for baby

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WHAT HAPPENS AT BABY GYM?

It is 40 minute session, that is structured as follows:

15 minutes of group time, to warm up and stimulate babies with light exercises and songs

15 minutes of circuit time, designed to enhance co-ordination, balance, fine and gross motor skills and increase body awareness

10 minutes of cool down time, low key activities and songs to bring the baby's energy levels down

WHY IS BABY GYM WORTHWHILE?

It gives babies lots of fine motor development opportunities, imaginative and interactive parent to child activities and equipment that is physically challenging and assists muscle development and co-ordination

it gives babies the opportunity to explore and develop their physical skills in a fun environment at their own rate.

Baby will love it.

WHY IS IT GOOD FOR PARENT OR CARER ?

The class is a wonderful way to meet other parents and carers. and that groups generally stay on for a casual coffee and chat after the session has ended.

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

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.

