

Crawl Play Guide



Welcome to BALC Crawl Play!

Our Crawl Play program is tailored to suit the growing needs of your baby aged from 8 weeks until approximately 18 months old.

This program provides the opportunities for your baby to begin to learn the fundamental movement patterns and support their development from infant to toddler. Our Crawl Play program incorporates songs, sensory toys, gymnastics soft shapes and hand apparatus (i.e. ribbons, balls, shakers, scarves) to engage your baby and provide them with experiences to help them grow and learn.

Our Crawl Play classes run for 45 minutes and include:

Initial 5-10 mins	Mat Time	Includes a simple warm up and singing a few theme-linked songs.
30mins	Free Exploration and Activity Stations	A mixture of baby-led discovery and exploration around the gymnastics floor and adult-led stations where the adult can assist the baby to learn new skills.
5mins	Mat Time	A conclusion of the class with a coach-led activity for adult and baby to participate in. This may include hand apparatus, bubbles or the parachute.
End	Song	A special 'Good Bye' song to end the Crawl Play class.

Our Crawl Play program will:

- Be planned and run by our experienced Crawl Play coaches who are on hand for support and ideas.
- Have a different lesson 'theme' each week which helps to enrich their learning and assist with creative thinking and play.
- Provide an instruction card at most activity stations to assist you and your baby to know where each activity is set up.
- Provide the opportunity to attend this class casually. We know how unpredictable babies can be, so this class is able to be attended casually (pay when you come), as a Healthy Kids Member or as part of a Term Enrolment.
- Offer 'make up' classes throughout the term which can be booked in advance through the Customer Service Team.

And most importantly our Crawl Play program will:

- Encourage the development of your baby's gross motor and fine motor skills in a fun and supportive environment.
- Provide positive movement experiences that can influence your baby's outlook on physical activity for life.
- Assist in the development of your baby by providing an environment where your baby may creatively explore and practise skills safely in order to increase self-confidence and self-esteem.
- Provide a fun environment in which you and your baby may play together and build social connections with other babies and adults.



How can I ensure my child gets the most out of Crawl Play?

As our Crawl Play classes are a 'parent/carer and child' class, your involvement and supervision is essential to ensure our program is safe and enjoyable for all.

We ask that parents/carers agree to:

- **Supervise your baby** throughout the class and be actively involved with each activity.
- **Remove your baby's shoes and socks**, so that they can grip the different surfaces and receive the sensory input from the variety of textures. We ask that all adults remove their shoes for safety reasons.
- Ensure, wherever possible, that you have **one child in your care**. Our Active Kids Club is available for childcare between 8:45-12pm weekdays.
- Encourage your child to listen to the Crawl Play coach and to follow the instructions.
- **Encourage your baby** to join in with 'mat time' and the different activity stations, but please do not worry if they don't participate straight away. It can take multiple weeks for your baby to build the confidence to try new things or to learn the Crawl Play class routine. We understand this and will support you with encouraging your baby to join in or participate.
- **Have the same expectations of boys and girls**. Allow both boys and girls to explore and try the wide range of activities equally, free from gender stereotypes.
- **Let the coaches know if there is any specific need** or area of development for your baby. We are here to help in every way we can.
- Refrain from using your mobile phone during Crawl Play as this can affect your ability to be fully engaged with your child. There is to be **no photography or filming** in the gymnastics hall as per the Ballarat Aquatic and Lifestyle Centre photography policy.

Is this class right for my child?

Your baby will get the most out of the Crawl Play classes if they are aged between 8 weeks and 18 months old. Whether they can lay, sit, crawl, toddle or walk, Crawl Play can cater for your baby.

If your child is over 18 months, a confident and stable walker and can follow instructions, they may be ready to start in the next class, Balance Play. Please ask your coach for more information about our Balance Play program.