

Balance Play

Balance Play is tailored to suit preschool children aged approximately **18 months to 5 years**, with a parent-child ratio of 1:1.

This program is the first step in developing fundamental movement patterns along with gross and fine motor skills.

Start here, go anywhere!

Classes run for 45 minutes.

Balance Play:

- Is planned and run by experienced coaches.
- Has a different theme each week, enriching learning, creative thinking and imaginative play.
- Provides your child with a term certificate with new sticker to collect each week.
- Has a Skill of the Week based on fundamental skills and movement patterns.
- Offers two make up classes per term (booked with the Customer Service team).

Is this class right for my child?

Your child will get the most out of the Balance Play if they are over 18 months, are a confident and stable walker and can follow simple instructions.

If your child is over 4 years and is able to complete most of the Balance Play activities by themselves, they may be ready to start in our Gymnastics Roll program.

Contact Ballarat Aquatic and Lifestyle Centre for more information or visit our website to enrol online.

