



# JellyBeans Gymnastics is back!



Wollongong City Gymnastics is excited to announce as of 2021 we will be running Kindygym classes on Tuesday, Thursday and Fridays

For enquiries, Phone 0432182324 ~ 2 Exeter Ave, North Wollongong

**JellyBabies** Gym provides an opportunity for children aged 12 months to 2.5 years to learn through exploration and free play. Working alongside their parent/ carer, JellyBabies will explore a variety of stimulating, challenging and fun activities. Under the guidance of a qualified Gym coach, each class features a wide array of free play and structured activities, which will not only improve the participants gross motor and fundamental movement skills, but provide challenge and success to help develop self- esteem and confidence.

Tuesday 9.30-10.30am  
Thursday 10.45-11.45am  
Friday 9.30-10.30am

**JellyTots** Gym classes are an introduction to gymnastics for children aged 2.5-4 years. Children participating in JellyTots Gym learn the basic skills on all gymnastics apparatus. These activities develop a wide variety of physical and fundamental movement skills in a fun, challenging and exciting class. Participants in JellyTots Gym work in a small group under the guidance of a coach, learning gymnastics basics and developing important social skills.

Tuesday 9.30-10.30am  
Tuesday 10.45-11.45am  
Thursday 9.30-10.30am  
Friday 9.30-10.30am  
Friday 10.45-11.45am

**The Jumping Jellybean** Program bridges the gap between our JellyTots program and the Fun Gym Recreational class and is specifically for children turning 5 in 2021. The classes follow a similar format to the Fun Gym Recreational. Jumping Jellybean classes provide instruction from qualified coaches on basic gymnastics skills on all apparatus including bars, beams, tumbling and trampoline, as well including fun and challenging activities and games which improve strength, flexibility and coordination.

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